food network magazine

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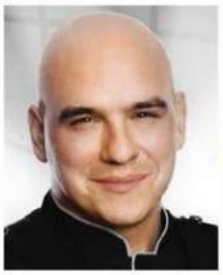

Michael's
LABOR DAY PORK & SLAW

Sandra's
HOMEMADE PIZZA

FUN After-School Snacks

Grilled Pepper-Jack Chicken with Succotash

127 easy Family Recipes!

+ Low-Fat Chocolate Pudding

Awesome Enchiladas!

AMERICA'S 10 Best Desserts

Make your own preserves! page 116

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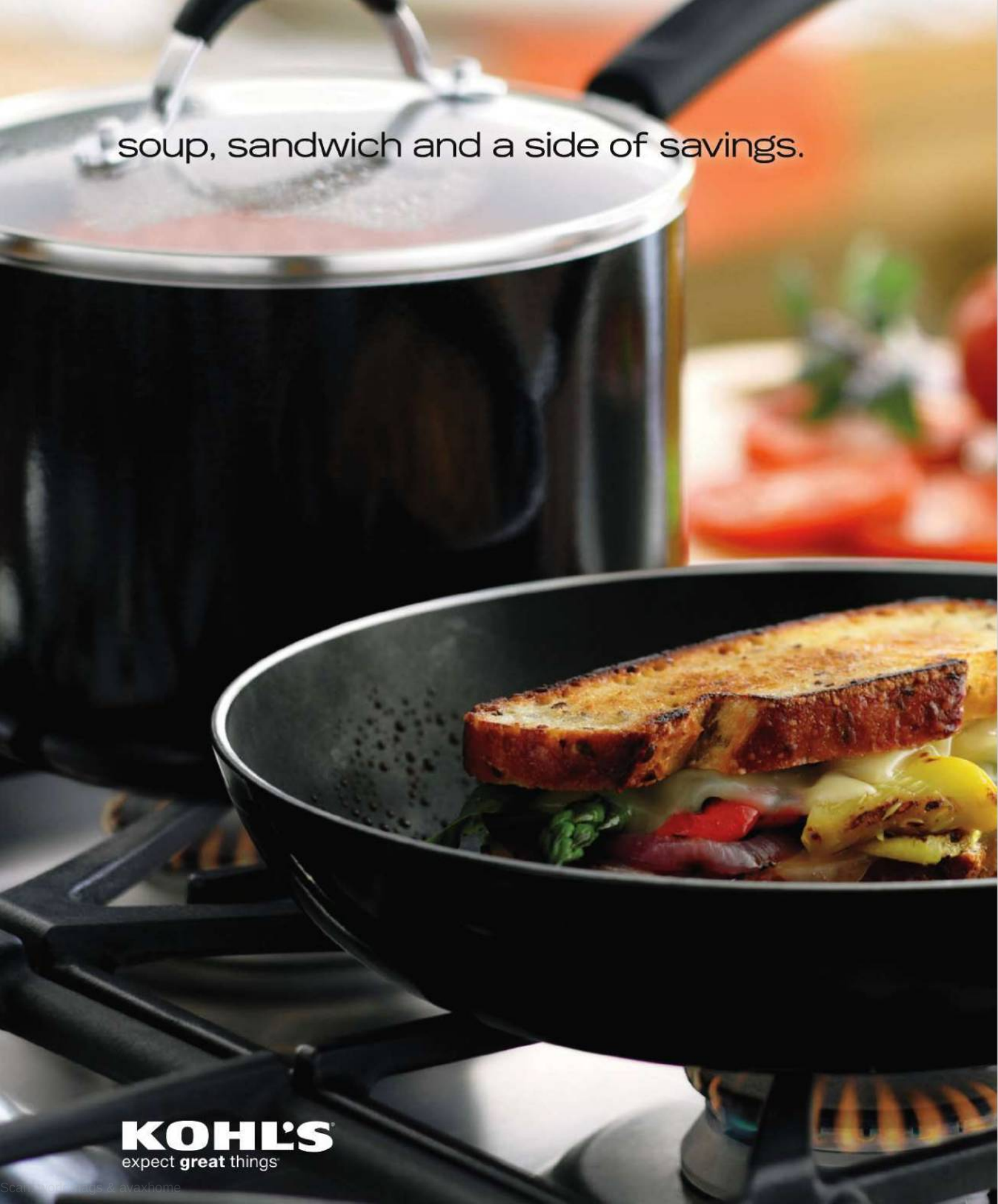
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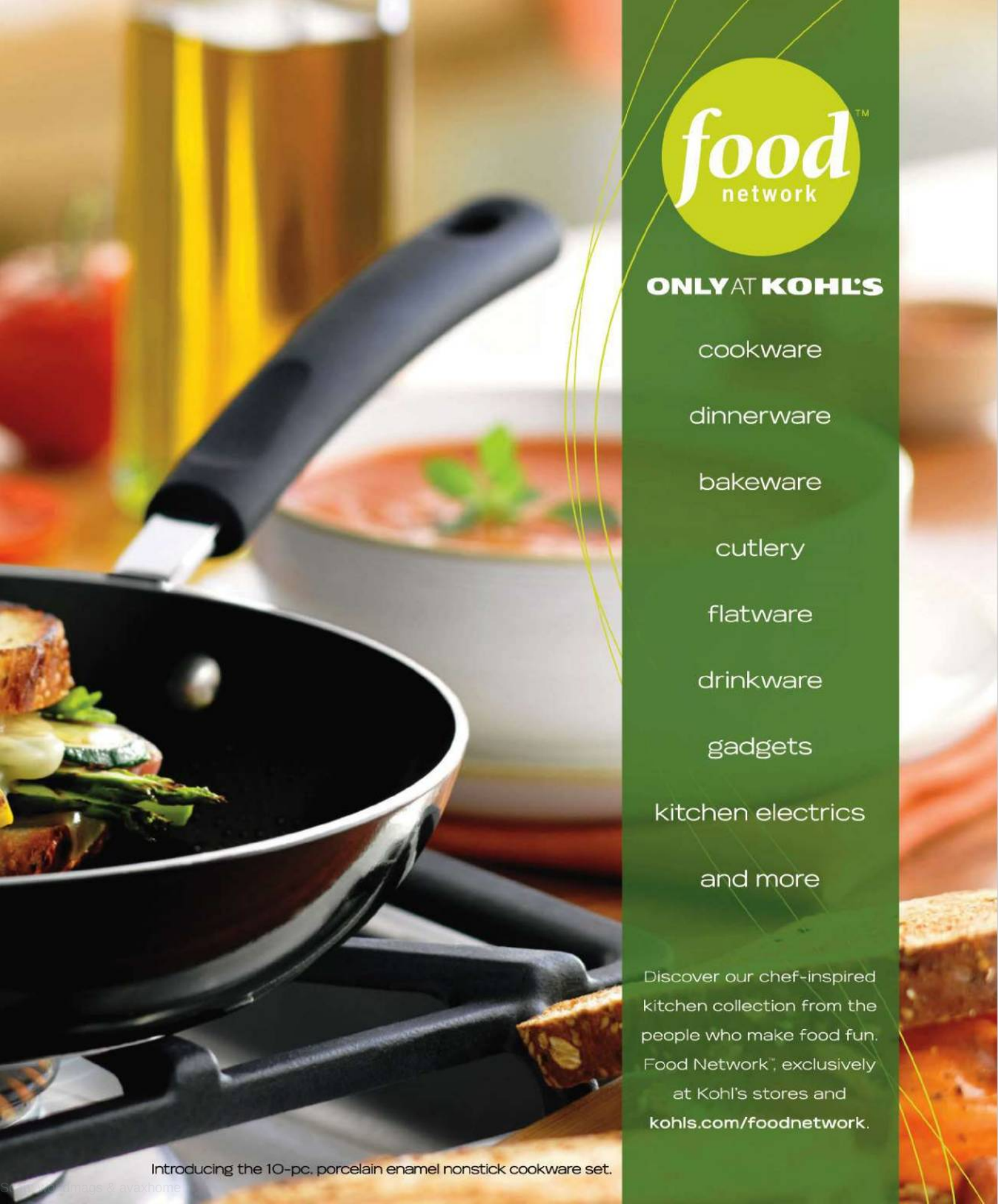
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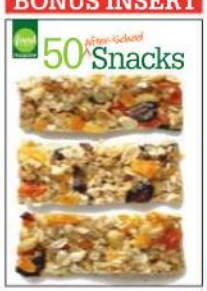

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Cover photograph by Steve Giralt
Food styling: Jamie Kimm; prop styling: Marina Malchin.

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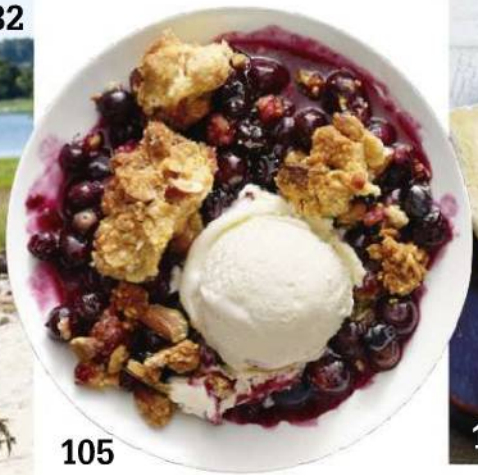

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Mary Goldstein is not your typical Italian restauranteur. She simply pours new Bertolli® Arrabbiata Sauce with its juicy tomatoes, spicy red peppers and pure olive oil over baked chicken for a restaurant-worthy meal at home in no time. Bravo Maria!

For your own menu of ideas visit BertolliRistorante.com.

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Recreating the Authentic Italian Bistro

Italians' love affair with food is famous. Just take a trip to an Italian market and you'll see people passionate not just about their culinary heritage, but about life and the pleasures found around a communal table. Bertolli® Pasta Sauces share this heritage of bringing people together through high-quality ingredients. And with the tips here, they help make date night—or a night with friends—a restaurant-worthy experience.

THE HOME BISTRO MAKEOVER

Setting an authentic, intimate Italian table is easy. Use simple tablecloths in pale colors or white. Next, set the table with your best dishes, glasses and silverware. Then dim the lights, fire up some candles, and let the wine—and laughter—flow.

- For a more formal atmosphere, set utensils and a plate or bowl for each course.
- Set the table with a simple rustic bread, served with olive oil for dipping.
- While red wine is traditionally served with red meat and white wine with fish or chicken, a lighter-bodied red (like Barbera) can also be paired with white meat.

CHICKEN RUSTICA ARRABBIATA

4 servings | Prep Time: 5 minutes | Cook Time: 25 minutes

- 1 lb. boneless, skinless chicken thighs
- 1 Tbsp. **Bertolli® Classico™ Olive Oil**
- 1 medium onion, sliced
- 1 jar (6 oz.) marinated artichoke hearts, drained
- 2 Tbsp. chopped kalamata or oil-cured olives
- 1 jar **Bertolli® Arrabbiata Sauce**
- ⅓ cup dry red wine or beef broth
- 2 Tbsp. chopped fresh basil leaves

1. Season chicken, if desired, with salt and black pepper. Heat olive oil in 12-inch nonstick skillet over medium-high heat and brown the chicken. Remove chicken from skillet and set aside.

2. Cook onion, artichoke hearts and olives in same skillet, stirring occasionally, 3 minutes or until onion is tender. Stir in sauce and wine. Bring to a boil over high heat. Reduce heat to low, then return chicken to skillet. Simmer, covered, 15 minutes or until chicken is thoroughly cooked. Stir in basil. Serve, if desired, over hot cooked orzo or rigatoni pasta.

Bertolli® Arrabbiata Sauce's fiery red peppers add a deep, aromatic spiciness that will light up even the most discerning palates.

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When cooking fresh pasta, most Italians add a teaspoon of extra-virgin olive oil to prevent it from sticking.

The four different cheeses, red tomatoes and rich cream in Bertolli® Four Cheese Rosa Sauce turn any kitchen into a ristorante.

A MATTER OF COURSES

Part of the allure of a fine ristorante is the leisurely way food is served and eaten. Traditional Italian menus usually have five courses. Like the acts of great Italian opera, these courses give a meal pace and drama.

- Start with bruschetta. The simple appetizer of grilled bread rubbed with garlic and topped with olive oil and fresh chopped tomatoes (among other ingredients) is a 500-year-old Italian tradition.
- The traditional first course is pasta, followed by a beef or chicken course.

THE SPICE OF LIFE

Italy is a country of great variety, with each region, community and valley having its own distinctive way of making sausage, pasta, cheese, wine and bread. This is what makes a trip through Italy such a culinary adventure—and one you can replicate at home.

- Want to bring a Northern Italian–inspired dinner to your table? Its dishes use less olive oil, pasta and tomato sauce and more butter, rice and cream sauces.
- Much of Southern Italy favors pork and lamb dishes. The city of Campania is the "birthplace" of the modern pizza.

For more ristorante-worthy recipes you can make at home, visit **www.villabertolli.com**.

PORK MASCARPONE MANICOTTI

4 servings | Prep Time: 20 minutes | Cook Time: 40 minutes

- 1 Tbsp. **Bertolli® Classico™ Olive Oil**
- 1 jar **Bertolli® Four Cheese Rosa Sauce**
- 6 links Italian sausages, removed from casings and crumbled
- 1 large shallot, finely chopped
- 3 cloves garlic, finely chopped
- Crushed red pepper flakes to taste
- 2 cups shredded fontina cheese (about 8 oz.), divided
- 1 cup mascarpone cheese
- 1 cup shredded pecorino romano cheese, divided
- 2 Tbsp. fresh oregano leaves, chopped
- 2 Tbsp. flat-leaf parsley, chopped, plus more for garnish
- 1 Tbsp. fresh thyme leaves
- Ground black pepper to taste
- 1 box (8 oz.) manicotti pasta, cooked and drained

1. Preheat oven to 375°. Brush sides and bottom of 9-by-13-inch baking dish with olive oil, then evenly spread with ¼ of the sauce; set aside.

2. Brown sausage in 12-inch nonstick skillet breaking into small pieces; drain, if desired. Stir in shallot, garlic and red pepper flakes and cook, stirring occasionally, 5 minutes or until sausage is done. Remove skillet from heat and set aside to cool.

3. Combine cooled sausage mixture, 1 cup fontina cheese, mascarpone cheese, ½ cup pecorino romano cheese, herbs and black pepper in medium bowl.

4. Evenly fill manicotti shells with sausage mixture, then arrange in prepared baking dish. Evenly top with remaining sauce. Bake uncovered 25 minutes or until heated through. Top with remaining cheeses. Bake an additional 5 minutes or until cheese is melted. Garnish, if desired, with additional oregano and parsley.

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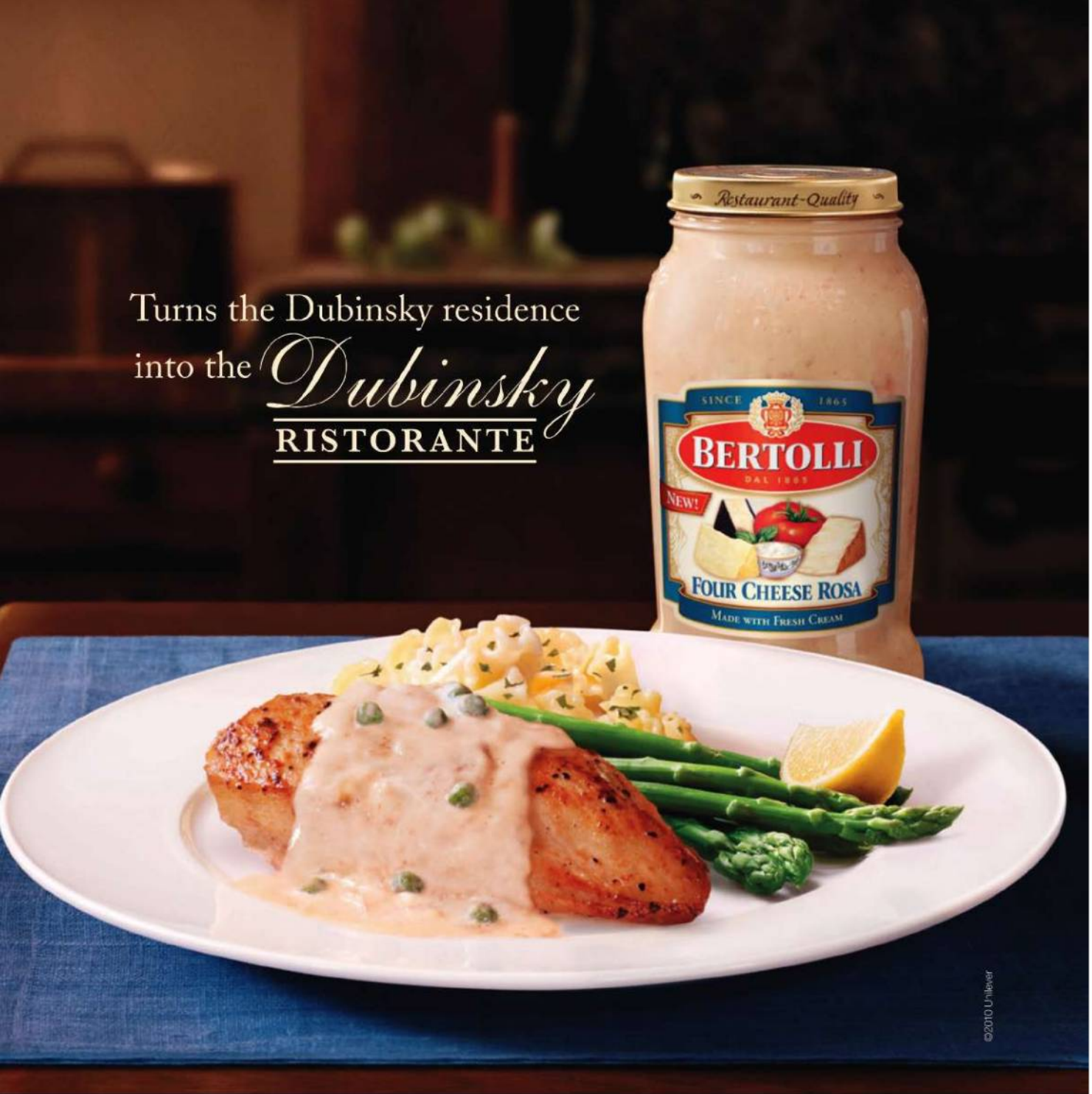

All it takes is a pour of new restaurant-style Bertolli® Four Cheese Rosa Sauce with four kinds of cheese, tomatoes and fresh cream for anyone to feel inspired and create an Italian restaurant-worthy meal at home in no time. Just ask the Dubinskys.

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Make this dessert in just 15 minutes!

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Dinner at Joe's Place...

We've done all sorts of crazy things to prepare for photo shoots around here—we've ordered Christmas trees in July, we've rented space heaters so we could grill in the dead of winter—but until this issue, we've never had to hand over our car to a bomb-sniffing dog and some very serious-looking security officers so we could get where we needed to go to photograph a blueberry trifle. It still seems surreal, except that we have photos to prove that we were, in fact, in the vice president's backyard on May 25 with a trifle (that's me and our design director, Deirdre Koribanick, with Joe Biden, below). We were there because the Bidens had invited a small group of wounded warriors to their house for a cookout, and they had asked Sunny Anderson, an air force veteran, to help with the meal. Long story short, Sunny said yes (well, actually she said, "OMGarlic! Yes!"), and a few weeks later she was in the vice president's kitchen with a team of navy chefs, led by navy enlisted aide Tom McNulty (pictured, below, with Sunny), making dinner for the troops. It was an incredible night. The story, including some of the Bidens' favorite dishes, starts on page 54.

We didn't have to go through any background checks for our other big shoot—a clambake at adventurer Jeff Corwin's house—but Deirdre and food editor Liz Sgroi did have to race to his island home at the crack of dawn to beat high tide. It was worth the trouble: He cooked up an amazing feast, right on the beach (see page 132).

Cookouts, clambakes...we aren't quite ready to let go of summer. Assuming you aren't either, turn to page 116: We'll show you how to make preserves, so you can bottle up a taste of the good life and keep it on the shelf for later.

Maile

Maile Carpenter
Editor in Chief

FROM TOP: TRAVIS HUGGETT; STEVE GIRALT (3).

The vice president honored troops with a cookout at his house.

From left: The poolside cookout; Sunny Anderson with navy chef Tom McNulty; design director Deirdre Koribanick and I with Vice President Joe Biden.

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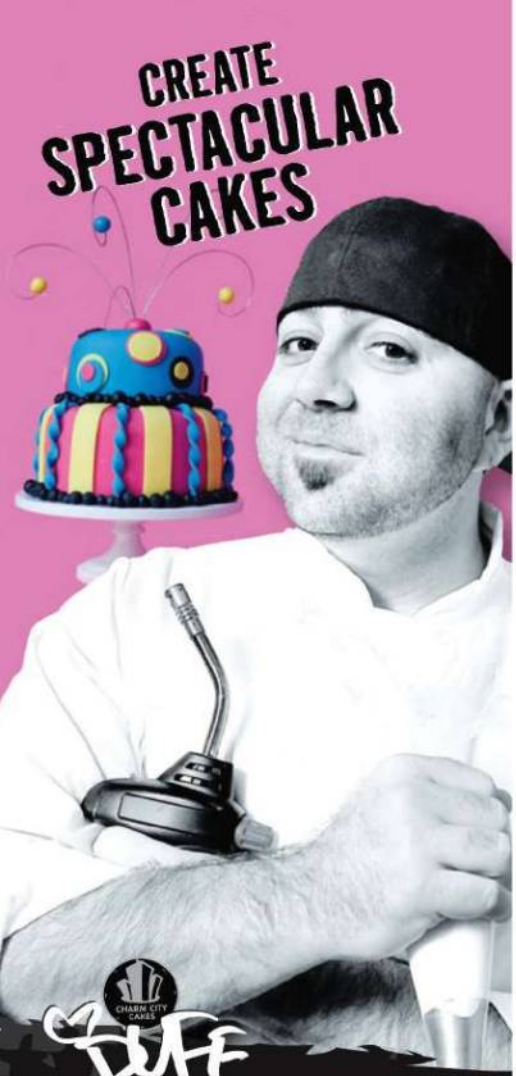

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LISA SHIN.

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We Hear You...

See what readers had to say about our recent issues, then **tell us what you think** of this one.

The recipes in your 50 Burgers insert [June 2010] are my favorite so far. My son Scott (who introduced me to the magazine, which we now refer to as "the bible") and I both picked No. 31, the Chipotle, as our top choice. It looks great and tastes even better!

Carol Arbour
Pawcatuck, CT

I was disappointed to find that your 50 Burgers booklet didn't include a **jiffy burger:** peanut butter on a toasted bun topped with a burger patty, melted cheese and caramelized onions—it's a treat!

Meredith Montanez
Colorado Springs

Thank you for your article on salt potatoes from Syracuse, NY ["Only in...Syracuse," June 2010]. I grew up there and didn't know they were a city specialty. **I've often wondered why I can't ever find salt potatoes in Florida** but I just figured they fell under the "ungettable get" category—like a decent bagel. Thank you for the shout-out about these velvety, salty, buttery, crispy gems.

Kati Schupp
Jupiter, FL

Thank you for Nigella Lawson's Chocolate Raspberry Pavlova recipe ["Try This at Home," June 2010]. Not only is it the **best-tasting dessert I have ever made** but also the best-looking. With the simple instructions and step-by-step photos, it was easier to make than I ever would have imagined.

Gina Kelly
Minneapolis

My husband and I are addicted to Cedric's Ranch Wings ["Out of the Box," June 2010]. We could eat them every week! I've made them twice since I got the issue. They **beat any other hot wings** out there.

Debbie Peirce
Virginia Beach, VA

I usually love chocolate, but I'm pregnant and it hasn't been appealing lately. So for Memorial Day, instead of my go-to chocolate-covered pretzels, I made Guy Fieri's Blondies with Dark Roots ["Guy to Go," June 2010]. They were delicious with just a hint of chocolate. Thanks for the **great alternative to brownies.**

Amy Lindahl
Mary Esther, FL

My son, Alex, and daughter, Noeli, love your magazine. They were surprised to find the "Play Along" section in your story on *The Next Food Network Star* [June 2010]. They **had a blast doing the activities** and were able to complete them with little help. They were so proud of how much they know about food.

Gloribelle Ortiz
San Jose, CA

As a vegetarian, I am always looking for new ways to liven up meals, and I appreciate that your magazine offers some amazing options. However, I was disappointed in your latest issue. I couldn't believe my eyes when I saw that your veggie burger ["50 Burgers"] included a **store-bought veggie patty!** Not at all what I've come to expect from you guys.

Audrey Forman
Los Angeles

I'm 12 years old, and I love *Food Network Magazine*. My sister and I had a lemonade sale and made your **Perfect Lemonade** ["Get Your Ice-Cold Lemonade," June 2010]. We sold out so fast!

Kelly Ryan
Hopedale, MA

Thanks for jazzing up a boring Monday: I saw the recipe for Baja Fish Tacos [Weeknight Cooking, June 2010] and knew I had to try them for dinner that night! **I've been skeptical of fish tacos** in the past, but now I have a whole new outlook. I'm trying shrimp next.

Yvonne Pfeiffer
Spotsylvania, VA

LEMONADE: JONATHAN KANTOR.

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My 19-year-old daughter, Katherine, decided to make your **cupcake topiary** ["Good Enough to Eat," May 2010] for our Mother's Day lunch. Since we were expecting 17 family members, we thought it would be best to make two. It was quite the project and took a long time to finish, but as you can see from her smiling face, it was well worth it. She received many compliments on her baking and the tree creation, and I was proud of her for successfully tackling the project.

Juana Franklin
Lighthouse Point, FL

I want to thank Alex Guarnaschelli and her mother for the Charlotte Russe with Raspberries recipe ["Mother Knows Best," May 2010]. My mom is a very difficult person to find gifts for, and she has always been very talented in the kitchen, so I thought **this cake would be a great present.** I am still finding my way around the kitchen, so I brought all of the ingredients to my mom's house to figure everything out. We ended up making the dessert together, which my mom thought was the best part of the holiday.

Alexandra Dzubinski
Pewaukee, WI

My family makes pancakes together every weekend and we all love *Food Network Magazine*—even my two-year-old! We were extremely excited to get your 50 Pancakes and Waffles booklet [May 2010]. Now we can make **a different recipe each week.** To our surprise, our favorite version so far is the oat pancakes!

Karen Couwenhoven
Roseville, CA

I adore your magazine and have made several of your recipes. Most are easy to make with regular kitchen staples. However, I haven't seen many recipes for snack foods. I am **always craving a snack,** and I would love to have something more than just crackers or pretzels.

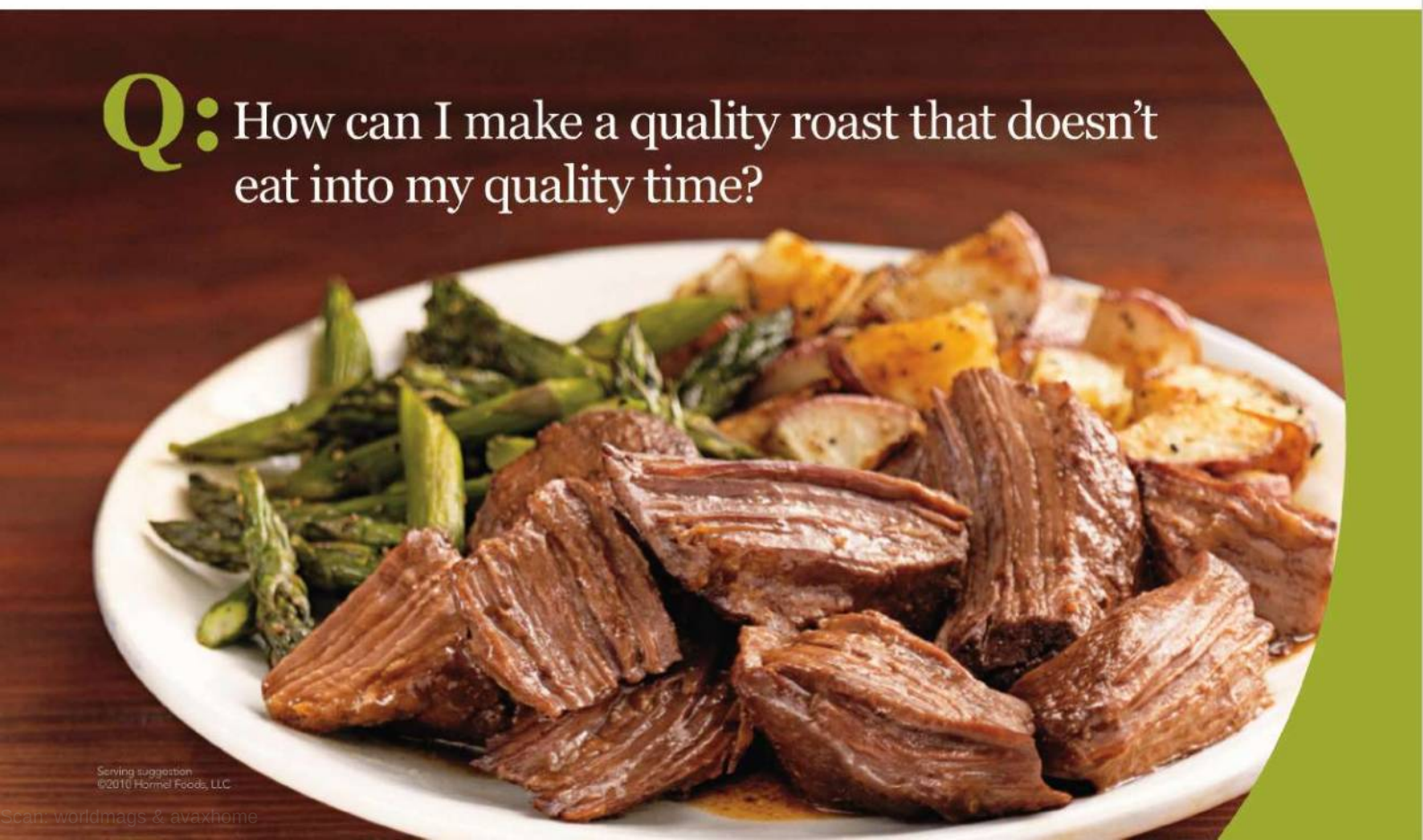
Elise Berg
Lafayette, CA

You're in luck! Check out the "50 After-School Snacks" booklet in this issue (page 80). It's packed with dozens of easy recipes for adults and kids.

We want to know what you think:
Go to foodnetwork.com/magazine and click on Write to Us! Or e-mail us at fnmeditor@hearst.com.

The content of all submissions (including letters, recipes and photographs) should be original and becomes property of *Food Network Magazine*, which reserves the right to republish and edit all correspondence received. By making a submission, you guarantee that you possess all necessary rights to grant the material to *Food Network Magazine*.

Q: How can I make a quality roast that doesn't eat into my quality time?



Serving suggestion
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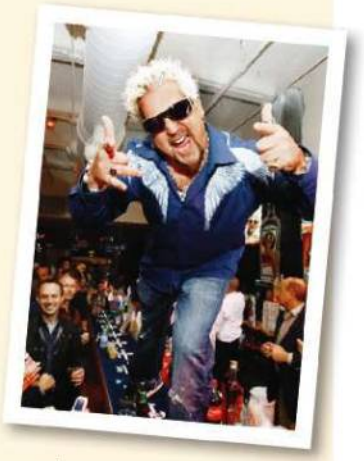
Win It! Check out these two great giveaways:

Culinary School Getaway

Go back to school this fall at the Culinary Institute of America: We're giving away a five-day Culinary Boot Camp Basic-Training course at the prestigious cooking school (as featured in our "America's Best" story on page 155). Enter to win a spot for you and a guest at foodnetwork.com/magazine.

New York City Wine & Food Festival



Enter to win a VIP trip for two to the Food Network New York City Wine & Food Festival, October 7 to 10, so you can mix and mingle with your favorite stars. The grand prize includes round-trip airfare, hotel accommodations, $500 in spending money and tickets to the weekend's hottest events. Enter at foodnetwork.com/nycsweeps; see details and sweepstakes rules on page 53.

GUY FIERI: NEW YORK CITY WINE & FOOD FESTIVAL.

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You Asked...

Food Network stars answer your burning questions.

Emeril, our new home has an electric stove, which takes a lot longer to heat up pots and pans compared with our old gas one. Is there a more efficient type of cookware I can use on an electric stove?

Richard Dunn
Rockwall, TX

Many cooks prefer gas because of its heating precision, but today's electric cooktops offer clean and efficient heating. Copper cookware heats the fastest. Aluminum also heats up quickly, and it is more affordable. Cast-iron heats the slowest but retains heat the longest. Look for cookware with a bonded metal bottom made from layers of metal. That's great for heat distribution on any cooking surface!

—Emeril Lagasse

Paula, what's the secret to making extra-crispy fried chicken? Should I use a certain type of oil or coat the chicken in a special way?

Felicia Peterson
Petersburg, VA

I always use peanut oil when frying chicken. I also like to use self-rising flour; it gives my chicken a nice crispy crust!

—Paula Deen

Anne, Is there a food that you absolutely will not eat? And what do you do if you are asked to prepare it?

Michele Tauber
Jupiter, FL

Yes, blue cheese! I've never, ever liked it. I wish I did, but I just can't eat it. But as a chef, you need to be able to taste everything and know if things are cooked correctly, even if you don't like a specific food—it's just part of the job. So if I need to make a dish with blue cheese, I taste it to make sure it's cooked right, then I spit it out!

—Anne Burrell

Pat and Gina, I'm a big fan of your recipes. Many of them call for Creole mustard. How is this different from regular mustard and what can I use as a substitute if I can't find it?

Angel Tolley
Portage, MI

Creole mustard is a coarse stone-ground mustard with a little added kick, like hot sauce or cayenne pepper. It's popular in New Orleans, but if you can't find it in a store near you, any mustard would be a fine substitution. You just might want to give it a little extra heat with a dash or two of hot sauce!

—Pat and Gina Neely

Claire, I'm new at hosting events. What's the one thing you would never throw a dinner party without?

Lauren Kudisch
Boston

A good plan is what you need. First impressions are the most important. If you greet guests with a drink, a yummy bite of food and a smile, they are sure to enjoy themselves. Just remember to keep it casual and fun; you can always order a pizza if all else fails. People remember appetizers and desserts most, so tackle those in advance and enjoy your company in the meantime.

—Claire Robinson

Paula's secret to crispy fried chicken is the flour! Find her recipe at foodnetwork.com.

Have a question for a Food Network star?
Write to us at foodnetwork.com/magazine.

DEEN: MIKI DUISTERHOF. FRIED CHICKEN: JAREN JAI WICKLUND/SHUTTERSTOCK.

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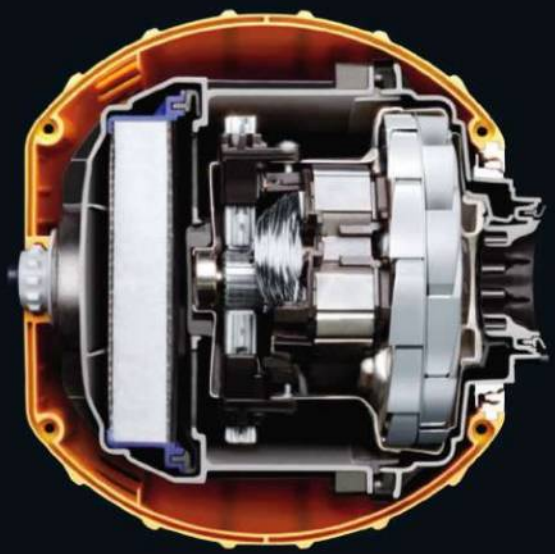

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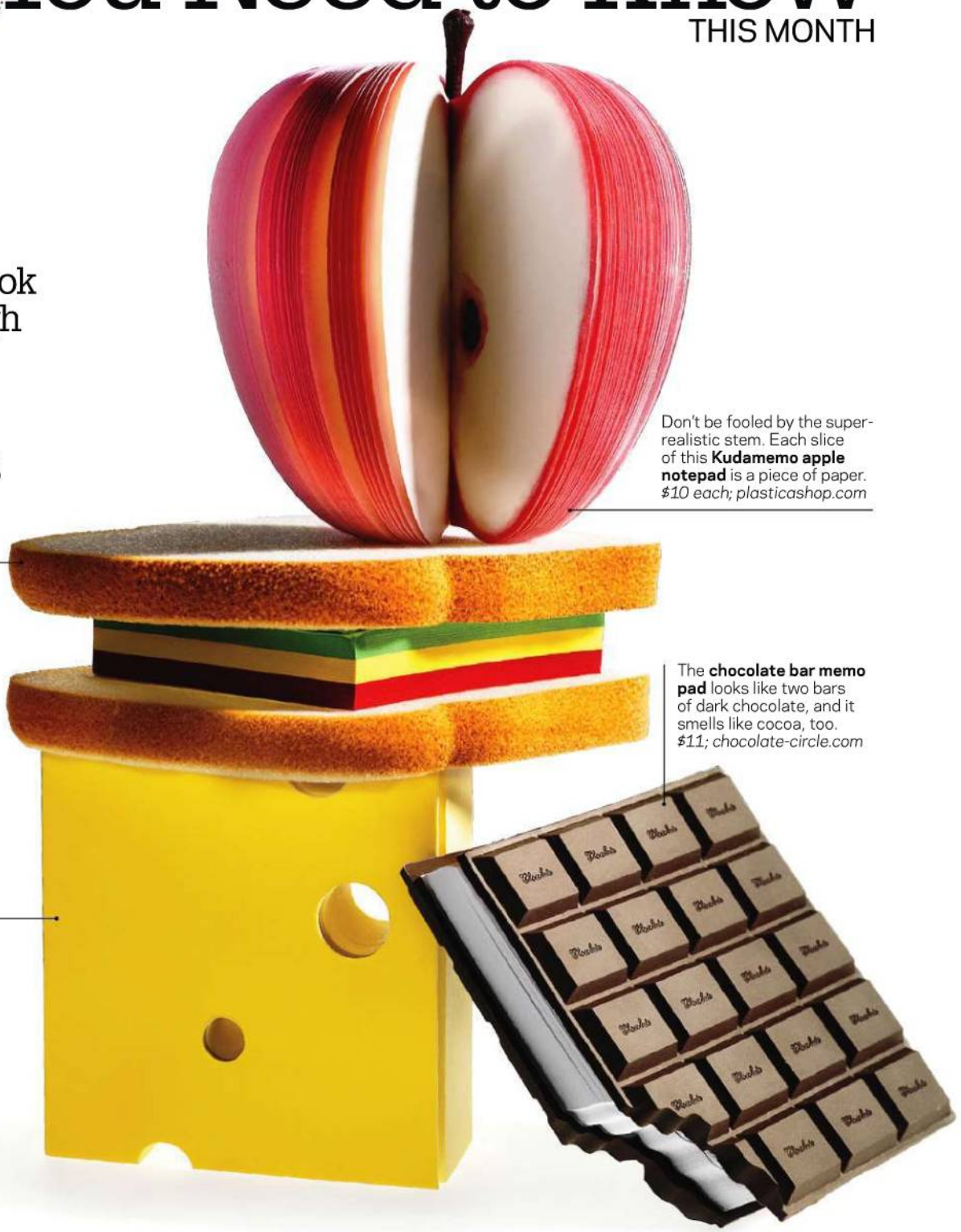
10 THINGS You Need to Know THIS MONTH

1

Some new notepads look good enough to eat.



Those aren't slices of white bread on the **bakery memo pad**—they're foam look-alikes that sandwich red, yellow and green notes. *$8; gadget.brando.com*

Don't be fooled by the super-realistic stem. Each slice of this **Kudamemo apple notepad** is a piece of paper. *$10 each; plasticashop.com*

The **chocolate bar memo pad** looks like two bars of dark chocolate, and it smells like cocoa, too. *$11; chocolate-circle.com*

The holes in the 300-page **cheese mini book** aren't just aesthetic: They're perfect for holding pens. *$9; whatisidea.com for stores*

CHARLES MASTERS.

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2 Fashion stars are the next restaurateurs.

Supermodels have to eat, too: Some big designers are opening restaurants in the world's fashion capitals.

Ralph Lauren

Bronx-born Ralph Lauren is bringing upscale American grub to Paris at **Ralph's,** located in his Left Bank store. In the country club–like space, lined with oak paneling and hunting-themed paintings, diners can chow down on hot dogs, burgers, crab cakes and steaks from Lauren's Colorado ranch. *173 Blvd. Saint-Germain, Paris; ralphlaurenstgermain.com*

Dolce & Gabbana

If you think that Domenico Dolce and Stefano Gabbana's clothes are over the top, you have to see the duo's splashy Milan eatery, **Gold.** Nearly every surface in the space—which includes a coffee bar, bistro, cocktail bar and formal dining room—shimmers, including the bathrooms. *Piazza Risorgimento, Milan; dolcegabbana.com/gold*

Armani

Giorgio Armani's new Italian restaurant, **Armani/Ristorante,** on the top floor of the designer's flagship store in midtown Manhattan, is as sleek as his thousand-dollar gowns. Dishes like risotto and a baby artichoke salad are served in tiny model-size portions. *717 Fifth Ave., New York City; armanirestaurantny.com*

GOLD: RUY TEIXEIRA. ARMANI/RISTORANTE: GIORGIO ARMANI ARCHIVE. SLIM CHIPS: HAF BY HAFSTEINN JÚLÍUSSON. CHALKBOARD: ISTOCKPHOTO.

3 Harvard is offering a cooking class.

This fall, 11 world-class chefs and food scientists are heading to Harvard to co-teach the university's new course, *Cooking and Gastronomy: From Haute Cuisine to Soft Matter,* organized in part by chef Ferran Adrià of Spain's famed El Bulli restaurant. Topics for the class include "texture, viscosity and mouth feel" and a historical look at the relationship between science and cooking. The class is open to only 200 undergrads (it counts as a science credit), but when the semester is over, the teachers plan to write a book based on the seminar—and it's sure to cost less than tuition.

4 Thin is in.

Some cool new snack chips are paper-thin—literally. Slim Chips are pieces of almost-zero-calorie edible paper, made with potato starch. Icelandic designer Hafsteinn Júlíusson debuted the chips at the 2010 Milan design week, and he got such a good response that he plans on selling them—in cheddar, wasabi, blueberry and peppermint flavors—on his website this fall. *$10; hafsteinnjuliusson.com*

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5 American brewers are going Euro.

American beer makers are teaming up with European ones to bottle up the best of both worlds.

—JESSE L. YORK

Dogfish Head
Sam Calagione, brewer at Delaware's Dogfish Head, went to Italy's Birra del Borgo brewery to create the malty, hoppy Italian-American pilsner **My Antonia** *($9 for a 750 ml bottle).* It pairs perfectly with another Italian-American specialty: sausage pizza.

Samuel Adams
Sam Adams founder Jim Koch is known for pushing the boundaries of beer-making, but he had his work cut out for him when he decided to make beer in Germany: He had to follow a 500-year-old regulation dictating that brewers can use only four ingredients—water, barley, hops and yeast. Koch says the product of his collaboration with Munich's Weihenstephan brewery—a champagne-like beer called **Infinium** *($15 for a 750 ml bottle)*—is going to shock the beer world when it's released in November.

Brooklyn Brewery
When Garrett Oliver of Brooklyn Brewery and Hans-Peter Drexler of Germany's famed Schneider bräuhaus decided to team up, they tried a *Freaky Friday*–style swap. Oliver made his beer in Germany, while Drexler brewed in Brooklyn, using local hops from each other's countries. The outcome on this side of the Atlantic: **Brooklyner-Schneider Hopfen-Weisse** *($10 for a 750 ml bottle),* a mild wheat beer that's spiced like a German ale and hoppy like an American IPA.

6 Animals are helping out in the specialty-food biz.

Truffle-sniffing pigs are old news—now other animals are pitching in to harvest high-end products.

Monkeys
The makers of Monkey-Picked Tea say that trained Chinese monkeys pick this rare type of oolong, which grows too far out on mountain cliffs for people to reach. The tea tastes more delicate and floral than typical oolong. *$20 for 2 ounces; thinkgeek.com*

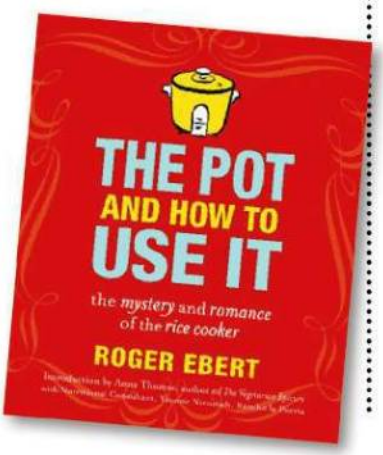
Goats
In parts of Morocco, tree-climbing goats help harvest prized argan nuts by knocking the nuts from their branches. Once the nuts are on the ground, locals remove the kernels and roast and press them to make argan oil. Chefs covet the oil's nutty flavor and drizzle the stuff over salads, appetizers, entrées and even desserts. *$53 for a 250 ml bottle; kalustyans.com*

Cats
In Indonesia, catlike animals called civets harvest the beans used for Kopi Luwak coffee. At more than $100 per pound, it's some of the most expensive joe in the world. We'll spare you the details on how the beans are cultivated (it has to do with digestion), but fans of the coffee claim that the unique process gives it an incomparable smoothness. *$50 for 200 grams; amazon.com*

PRODUCTS: LISA SHIN. BOOK: ANDREWS MCMEEL PUBLISHING. BEER ILLUSTRATION: JIM SCHUESSLER. ANIMAL ILLUSTRATIONS: DOROTHY CURY.

7 Roger Ebert is now a cookbook author.

Legendary movie reviewer Roger Ebert is putting himself in front of the critics for a change with his first cookbook, *The Pot and How to Use It* ($15; Andrews McMeel), based entirely on recipes for the rice-cooker. In the book, he provides recipes for grits, spaghetti, even eggs. So how did the critic—who hasn't been able to eat since having part of his jaw removed in 2006—edit a cookbook? He cooked his own dishes, and friends and family taste-tested them.



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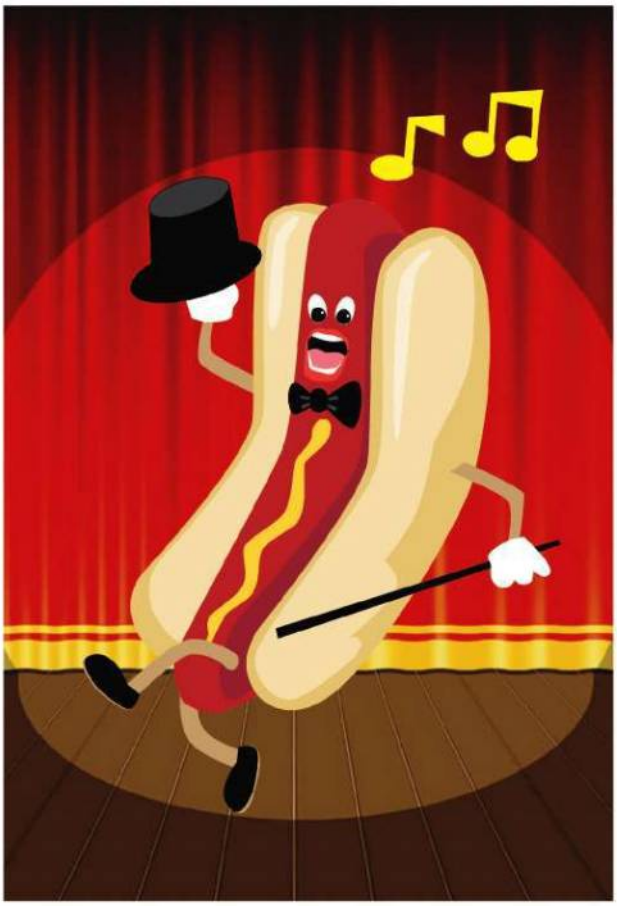

8 Competitive eaters have a new audience.

The biggest battle of the year for competitive eaters—Nathan's Famous hot dog–eating contest in Coney Island—has inspired a new off-Broadway musical opening in New York City. *Hot Dogs: The Competitive Eating Musical* follows eight fictional professional eaters in their quest to win the "Ethan's Frank-Eating Competition." Songs include "Appetite for Victory," "Sauerkraut Sash" and a love ballad titled "Catered Masquerade." (For information, visit sauceandco.com.)

9 You can pamper your groceries.

Fruit, wine and bread have cushy new carriers, tailored just for them.

Bread

We knew carbs would come back into fashion: Design company Shaw Jelveh just rolled out the Sac à Baguette, a high-end handbag that has a detachable French-bread carrier. The oversize canvas-and-leather bags go for hundreds of dollars, so if you're on more of a Wonder bread budget, you might want to make do with regular old shopping bags.
$300; sacabaguette.com

Wine

The name's a stinker, but new Wine Diaper bags really are your best way to avoid returning home from Napa with a suitcase full of merlot-colored underwear: The padded, resealable bags help prevent wine bottles from shattering and absorb the liquid in case the bottles break.
$15 for three; winediaper.com

Fruit

If your apples, pears and bananas get all beat up on the way to lunch, tuck them inside new formfitting neoprene Fruit Jackets. You can toss them in a lunch box or clip them to backpacks or bags.
$9 each; E.A.T. Gifts, 212-861-2544

10 Orange fruits and veggies could be your new fake tanners. A recent study suggests that people who eat five daily servings of carotenoid-rich foods, like carrots, cantaloupes, apricots and sweet potatoes, may actually appear tanner—no sun required!

SOURCE: UNIVERSITY OF ST. ANDREWS, SCOTLAND

PHOTOS: LISA SHIN. STAGE: ISTOCKPHOTO. ILLUSTRATION: DOROTHY CURY.

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Zinfandel:
Lindt Excellence *A Touch of Sea Salt* enhances the wine's fruitiness, which in turn brings out strong fruit notes in the chocolate.

TASTING NOTES:

Pinot Noir:
The soft tannins with mocha layers burst forward with the Fleur de Sel, making them seamless partners for **Lindt Excellence *A Touch of Sea Salt.***

TASTING NOTES:

Tawny Port:
The Fleur de Sel draws out port's nutty flavors and caramel sweetness, which embolden the fruit, spice and nuttiness of **Lindt Excellence *A Touch of Sea Salt.***

TASTING NOTES:

Cabernet/ Merlot Blend:
The berry and tobacco notes often found in this blend complement **Lindt Excellence *A Touch of Sea Salt*'s** honey notes.

TASTING NOTES:

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In the Know

Taste some **real-deal ramen.** Then, go behind the scenes of *Chopped* and tour a chef's dream kitchen.

Slurp's Up

To college kids, ramen is a 50-cent pack of dried noodles with a flavor pouch. But in Japan, ramen is a big bowl of noodles that chefs have spent years perfecting, topped with great ingredients like pork, hard-boiled eggs and fish cakes. Now, some of Japan's top noodle chains have hit the States: in New York City, **Ippudo** *(65 Fourth Ave.; ippudo.com/ny)* and **Ramen Setagaya** *(34½ Saint Marks Pl.; 212-387-7959)*, and in Los Angeles and the Bay Area, **Ajisen Ramen,** which has more than 300 locations worldwide *(ajisen-la.com; ajisensf.com)*. These upgraded bowls are about 20 times more expensive than the old college ramen—and they're worth every penny.

PHOTO: CHARLES MASTERS; FOOD STYLING: JAMIE KIMM.

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The Pretenders

Thank the raw foodists for this idea: **fake pasta** that's packed with nutrients—and practically carb-free!

For years dieters have been getting their pasta fix from spaghetti squash, but other veggies are pretending to be noodles these days. Raw foodists, who eat plant-based foods heated to no more than 118°, are using all kinds of tricks to re-create pasta, as seen in some new cookbooks: Ani Phyo makes noodles out of carrots in *Ani's Raw Food Essentials* ($28; Da Capo Lifelong), and Lisa Mann makes them out of beets and jicama in *The World Goes Raw Cookbook* ($17; Square One). If you want to give veggie pasta a shot, try this recipe from Food Network Kitchens: zucchini "fettuccine." You can replace the red sauce with pesto, but if you want to add a piece of hot, buttery garlic bread, you're probably not quite ready for the raw food movement.

ZUCCHINI "FETTUCCINE" WITH TOMATO SAUCE

ACTIVE: 45 min | TOTAL: 1 hr | SERVES: 4 to 6

- 4 large zucchini or yellow squash
- Kosher salt
- 5 medium vine-ripened tomatoes
- ¼ cup extra-virgin olive oil, plus more for drizzling
- ½ clove garlic, chopped
- 1 teaspoon chopped jalapeño pepper
- Freshly ground pepper
- ¼ cup chopped pine nuts, plus more for topping
- ¼ cup chopped fresh basil
- 1 teaspoon chopped fresh oregano

1. Trim and peel the zucchini, then use a mandoline or a vegetable peeler to thinly slice lengthwise into wide ribbons (stop when you get to the seeds). Cut the ribbons into ¼-to-½-inch-wide strips to make them look like fettuccine. Transfer to a colander and toss with ¾ teaspoon salt; let drain in the sink, tossing occasionally, about 30 minutes. Rinse well and pat dry.

2. Meanwhile, peel the tomatoes using a sharp vegetable peeler, then halve horizontally and squeeze out the seeds. Puree 1 tomato with the olive oil, garlic, jalapeño, and ¼ teaspoon each salt and pepper in a food processor or blender. Transfer to a bowl. Chop the remaining 4 tomatoes and add to the bowl; add the pine nuts, basil, oregano, and salt to taste.

3. Divide the zucchini among bowls and top with the tomato sauce. Top with more pine nuts and drizzle with olive oil.

PHOTO: KATE SEARS; FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: PAM MORRIS.

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Ask Ellie

Dietitian and *Healthy Appetite* host **Ellie Krieger** answers your nutrition questions and grills a great summer salad.

Q: I've read that soy can be bad for you. Should I stop drinking soy milk?
Elisa Castilla, Kennewick, WA

A: The rumblings you've heard about soy—studies linking it to fertility and thyroid issues—are mostly associated with extreme intakes and highly processed soy products. Eating two to three servings a day of traditional soy foods like soy milk, tofu and miso is perfectly safe and may even help protect you from heart disease and cancer. Do take it easy with protein powders and soy isolates (often added to snack bars), but go ahead and enjoy your soy milk regularly. It's delicious and it's a great source of protein. It's also lactose free and usually fortified with calcium and vitamin D, so it's a good alternative if cow's milk doesn't agree with you.

Q: I like roasted nuts, but I've heard that raw ones are better for you. Is this true?
Keith Fowler, Ventura, CA

A: You'd be nuts to sacrifice that deep roasted flavor because roasting doesn't significantly change the nuts' nutritional value. The only exception: nuts that have been roasted in oil because they have extra fat and calories. Your best bet is to buy raw nuts and roast them yourself in a dry skillet over medium-high heat, stirring frequently for 2 to 5 minutes, until they are fragrant.

Q: Know any fun ways to get my veggies?

I love veggies, but I get bored with steaming and boiling them. What else can I do?
Tina Williamson, Peoria, AZ

A: One way to give vegetables the royal treatment is to toss them on the grill to enhance their flavor. I like to grill up a big batch of mixed veggies and keep them in the fridge, where they last for several days. They make for a delicious antipasto platter and are great in sandwiches, too. Or you can turn them into a tasty salad topped with fresh herbs.

GRILLED RATATOUILLE SALAD

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

- 1 small eggplant
- Kosher salt
- 3 medium tomatoes
- 1 medium zucchini
- 1 medium red bell pepper
- 1 small red onion
- 3 tablespoons extra-virgin olive oil
- Freshly ground pepper
- 1 tablespoon plus 2 teaspoons red wine vinegar
- ½ cup fresh basil leaves, thinly sliced

1. Slice the eggplant into ½-inch-thick rounds. Soak in a bowl of lightly salted water, 15 to 20 minutes; drain and squeeze out the excess moisture.
2. Meanwhile, slice the tomatoes and zucchini into ½-inch-thick rounds. Stem and seed the bell pepper; slice the pepper and onion into ½-inch-thick rings.
3. Heat a grill or grill pan to medium high. Brush the vegetables with the olive oil on both sides and season with ½ teaspoon salt and pepper to taste. Grill the vegetables (in batches if necessary), turning, until soft and marked, about 6 minutes for the tomatoes, 7 to 8 minutes for the bell pepper, onion and zucchini, and about 10 minutes for the eggplant. Let cool.
4. Drizzle the vegetables with the vinegar. Divide the zucchini and eggplant among plates and arrange in a circle, overlapping slightly. Top with the bell pepper, tomato and onion. Sprinkle with the basil.

Per serving: Calories 150; Fat 11 g (Saturated 2 g); Cholesterol 0 mg; Sodium 300 mg; Carbohydrate 12 g; Fiber 5 g; Protein 4 g

FOOD PHOTO: KATE SEARS; FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: PAM MORRIS.

Click! Send your healthy-eating questions to Ellie at **foodnetwork.com/magazine.**

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Ted Says...

Just in time for the new season of *Chopped*, host **Ted Allen** takes us behind the scenes—and answers some tough questions.

***Chopped* has come** a long way since its original concept: The show was going to be set in a mansion and hosted by a butler in a tux, who would feed the losing dishes to a chihuahua. (Hilarious, if not ideal for canine digestion.) I like the clean, straightforward version we ended up with: I host, four chefs compete in a studio kitchen and one emerges a winner.

It seems like so long since the show's creator, my longtime friend Linda Lea, asked me to host. As I'm writing this, we've shot 65 episodes (at a studio in Queens, NY), and we're going back to make 31 more. All along, viewers have been giving us great ratings (thanks!) and peppering me with questions about how it all goes down. I figured it was time I finally answered.

Number one question: Why are the judges so mean? Well, in real time they're not. The judges always begin each critique praising things they like, but they know food inside and out, and they have to tell it like it is. And then there's the matter of editing. Thirty minutes of discussion by the judges can be boiled down to less than a minute on air. Often, as on other competitions (including one with the word "idol" in it), the most cutting remark gets the job done quickest—and it's the most memorable.

How about turning the tables and having the judges compete? This is the second-most-frequently-asked question. It sounds fun, but don't count on it. Our judges have proved themselves at the stove and are now in positions of authority, so you're not likely to see them duke it out in the *Chopped* kitchen.

How long does one competition really take? It's a long day—chefs and judges start trudging in for hair and makeup at 6 a.m., and cameras start rolling around 8 a.m. After I stumble through the often difficult-to-pronounce names (try saying King Phojanakong correctly the first time!), we open the mystery baskets and start the appetizer round. Even when we're done chopping three contestants, shooting the walk of shame and announcing the winner (usually around 7:30 or 8 p.m.), most of the crew stays around to shoot two more hours of interviews before we wrap. The next day, we do it all over again.

Thirty minutes of discussion by the judges can be boiled down to less than a minute on air.

Is it fun? Absolutely. I can stand around all day and talk food with great chefs. And they're all very funny, especially Aarón Sánchez. This past season, a Bronx chef showed him a tattoo on the inside of his lower lip and made pains to point out that it read "*The* Bronx," not "Da Bronx." Aarón didn't miss a beat. "Dude," he deadpanned, "you just *ooze* class."

Do I taste the food? Yes, if it looks exceptionally good, but only off-camera. The chefs make four plates: Three for the judges, and one just to be photographed. In the trade that one's known as the "beauty shot."

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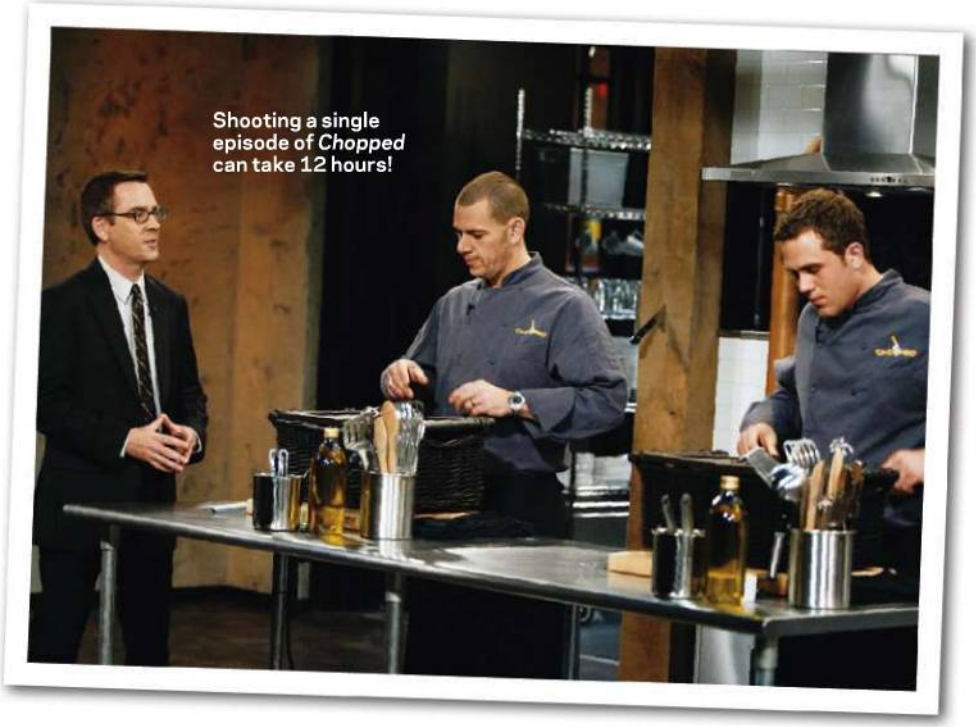

Shooting a single episode of *Chopped* can take 12 hours!

How could a chef win after leaving a pack of giblets inside his roast quail? Remember, this competition is incredibly, heartbreakingly difficult. The time frame is next to impossible, the ingredient combinations are tough and the chefs truly have no idea what foods are going to be in the mystery basket. And most of the competing chefs have never had nine cameramen chasing them around while they cook. You might have noticed the sweat gushing from them—it's hot in there! While the giblets error (which appeared on an episode last season) was pretty offensive, the bird tasted good. Another contestant drastically overcooked the bird, which is a more serious mistake. Our judges put a lot of thought into their decisions, and they base them entirely on the food. Even when a contestant might be slightly, shall we say, annoying.

Why does chef/judge Scott Conant hate red onions? Actually, he doesn't. He hates *raw* red onions because they can dominate a dish. (Sometimes after you eat them, you can't taste anything else.) There's a fix: Give those babies a short bath in ice water, or a quick pickling or sauté, and he's happy to have them on his plate.

Where are all the female chefs? The American restaurant kitchen has historically been an overwhelmingly male, macho, hierarchical domain. This is changing, but there still are far more men in the field than women. Rest assured, the producers are always looking for female competitors for the show!

Do I choose the secret ingredients? No. That's done by a brutally sadistic committee in Food Network's culinary department—serious food professionals who insist they won't saddle our chefs with impossible combinations. I sort of believe them. Not always.

Meet Ted and the show's judges at a *Chopped* party on October 8 at the Food Network New York City Wine & Food Festival. Go to nycwineandfoodfestival.com for more information.

Click! Write to Ted at **foodnetwork.com/magazine.**

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Star Kitchen

After opening 18 restaurants, chef **Laurent Tourondel** knew exactly what he wanted in his kitchen at home.

PHOTOGRAPHS BY **RICK LEW**

You might know him by his initials: Chef Laurent Tourondel is the man behind the BLT restaurant empire ("BLT" stands for Bistro Laurent Tourondel, not bacon, lettuce and tomato). He opened 18 restaurants in seven years, and he's the author of a new book, *Fresh from the Market* ($35; Wiley). We figured any chef this successful would have a pretty fabulous home kitchen, and we were right. "I used to cook a lot of private dinners in nice, big homes," says the Frenchman. "That's where I got my ideas." When he renovated his beach house in East Hampton, NY, he laid out the kitchen in a horseshoe shape to accommodate the way he cooks. "I prep everything to the left of the stove, with all my tools around me," he says. "Then I move to the stove, then I dump all the pots and pans in the sink. Prep, execution, cleanup. It's my half-circle journey to a meal."

PARTY PAIL
The chef keeps a bucket of everything he needs for an impromptu party: bottles of olive oil and balsamic vinegar, a pepper mill and even some after-dinner liqueur. "When people stop by, I bring the whole thing right to the table," he says.

REFRIGERATED DRAWERS
Instead of a traditional fridge, Laurent opted for three refrigerated drawers and a freezer drawer. They equal about half the space of a standard fridge, but they're super handy: The chef can just reach down and grab ingredients.

GROOMING: ANGELINE QUIROS.

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RARE CHINA

These French Haviland plates are so rare, they're numbered. But that doesn't keep the chef from enjoying them: "They're really special, but I use them all the time because I know I'm not going to be able to take them with me when I die!"

EBAY GEAR

Most of Laurent's vintage wares, including his sink, faucet and pendant lamp, came from eBay. "I have no time to shop," he says. One of his favorite online finds: vintage French canning jars, which he fills with different flours and homemade flavored sugars.

FRENCH STOVE

While growing up in France, Laurent always admired La Cornue stoves, so he jumped at the chance to buy one during his kitchen renovation. Other than the hefty price tag *($8,600; williams-sonoma.com)*, there's just one snag: "American pans are too big to fit in the oven!" he says.

Turn the page to get Laurent's look.

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Get the Look

Pick up some of Laurent's finds for your own kitchen.

The oars are a nod to Laurent's first job as a cook in the French Navy.

The kitchen leads to the backyard, and the chef uses these **garden chairs** inside and out. *Veranda chair, $282 for two; americancountry homestore.com*

No one has to squint to read Laurent's oversize **chrome wall clock.** *$250, Newgate; conranusa.com*

Laurent picked out this **blue awning stripe cotton rug** to match the stove, but he liked it so much that he bought an extra for one of the bedrooms. *$95 for 4-by-6 feet; dashandalbert.com*

PRODUCTS: STUART TYSON/STUDIO D.

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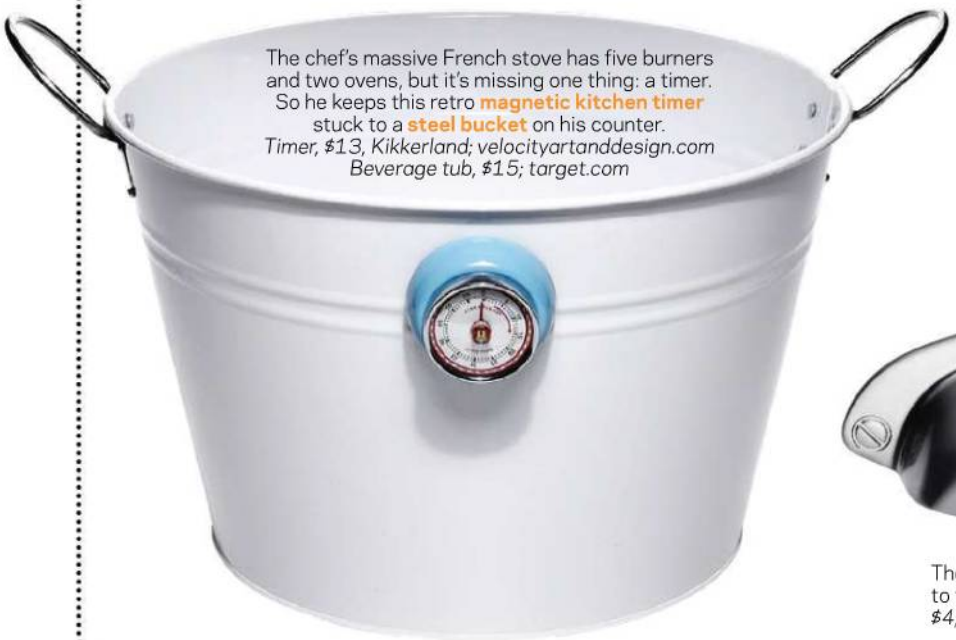
Laurent keeps a **pastry board** on his counter, marked for different-size crusts. "People think I just cook fish or steaks, but I bake—a lot," he says. The board hangs over the counter edge, so it stays in place while he rolls out dough.
$70; chefscatalog.com

Wall-mounted bar-soap fixtures were originally designed for French school bathrooms, but Laurent finds the childhood favorite handy for the kitchen. This **magnetic soap holder** clamps onto any bar soap, and the metal base suctions to tile.
$8; kikkerlandshop.com



The chef's massive French stove has five burners and two ovens, but it's missing one thing: a timer. So he keeps this retro **magnetic kitchen timer** stuck to a **steel bucket** on his counter.
Timer, $13, Kikkerland; velocityartanddesign.com
Beverage tub, $15; target.com

These **brushed-nickel cup pulls** are similar to the ones on Laurent's kitchen drawers.
$4; coolknobsandpulls.com

PRODUCTS, CLOCKWISE FROM TOP RIGHT: STUART TYSON/STUDIO D; MARKO METZINGER/STUDIO D; STUART TYSON/STUDIO D; JEFFREY WESTBROOK/STUDIO D.

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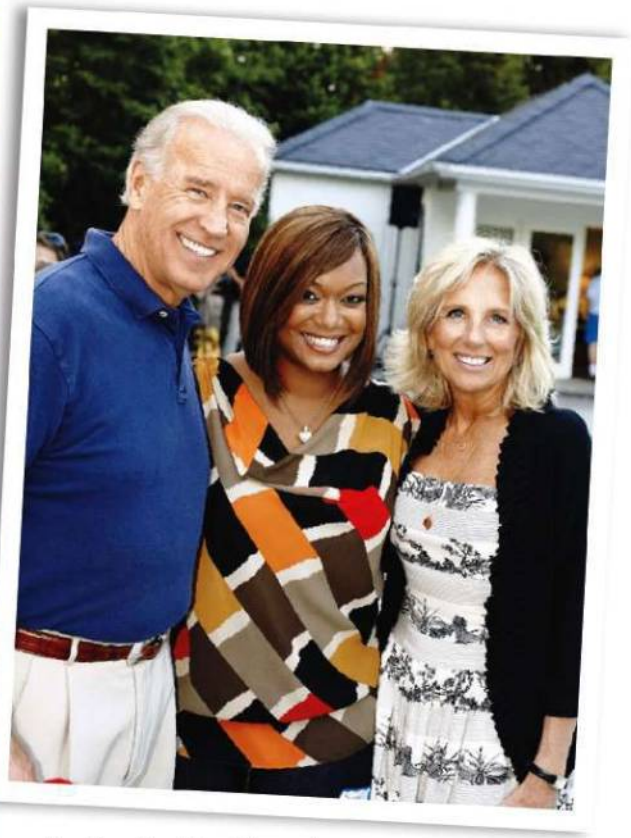
A Cookout for the Troops

Sunny Anderson gets the assignment of her life: cooking for wounded war veterans at the vice president's house.

PHOTOGRAPHS BY **STEVE GIRALT**



Vice President Joe Biden and his wife, Dr. Jill Biden, honored wounded troops with a cookout at their home—and they asked Sunny to help plan the menu.

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It was a casual invitation—the kind that seemed unlikely to ever happen: Vice President Joe Biden and his wife, Dr. Jill Biden, had stopped by Walter Reed Army Medical Center in Washington, D.C., in March to have dinner with some of the wounded troops, and after the meal Dr. Biden said, "Next time, we'll have you over to our place." By "our place," she meant One Observatory Circle, the vice president's residence—probably the most heavily guarded home in America other than the White House. Of course, the troops didn't think they were going to be hanging out with Joe and Jill around the vice presidential pool anytime soon. But two months later, Captain Dan Berschinski, who lost his legs to a bomb in Afghanistan, and about 20 other wounded warriors were doing just that—and looking like they were old friends with one of the world's most powerful couples. "A lot of people come by to visit us at Walter Reed," Captain Berschinski said, "but it's always fleeting. To be invited into someone's home is different. The Bidens said, 'When it warms up, we'll have you over.' And they came through."

The Bidens not only came through with the invitation; they did the troops one better and asked Food Network star Sunny Anderson, an air force veteran, to help plan the meal. Sunny was perfect for the job, and not just because she makes a great pulled-pork sandwich. She is military through and through: Her grandfather was a

> "When you're raised in a military family and you see up close how war affects everyone, you learn what it really is to be an American."

World War II veteran, her father is a retired army colonel and Vietnam veteran, and her uncle is a major general in the army serving at the Pentagon (the Bidens invited him, too—the more the merrier!). Sunny couldn't stop crying when she got the call; cooking for war veterans means more to her than just about anything. "When you're raised in a military family and you see up close how war affects everyone, you learn what it really is to be an American," she said. "Veterans hold a very special place in my heart."

This party was the first time the Bidens have served some of their favorite recipes along with another chef's: Guests got to try the vice president's grilled pizza and heirloom-tomato pasta salad (made by navy chefs) along with Sunny's pulled-pork sandwiches, beet and sweet-potato chips, and berry trifle. "I've learned to keep it simple," Sunny said. She wanted to make the food easy so she'd have time to talk to the troops. "To meet people who are helping protect our country means so much to me," she said. "Whether you are for or against war, you have to honor someone who will go off and fight for us."

The party felt like a big family cookout: Guests had hours to talk to Sunny, the vice president and Dr. Biden. Army Captain Dan Berschinski (below, with Sunny and his girlfriend, Rebecca) was wounded in Afghanistan and met the Bidens at Walter Reed Army Medical Center.

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THE BIDENS' SWEET-AND-SPICY PECANS

ACTIVE: 10 min | TOTAL: 1 hr 20 min (plus cooling)
MAKES: 4 cups nuts

- 1 large egg white
- 2 cups unsalted pecan halves
- 2 cups unsalted roasted cashews
- ½ cup sugar
- 1 tablespoon ground cumin
- ¾ teaspoon cayenne pepper
- 1 teaspoon ground cinnamon
- Kosher salt

1. Preheat the oven to 250°. Beat the egg white with 1 tablespoon water in a large bowl until foamy. Add the nuts, sugar, cumin, cayenne, cinnamon and ½ teaspoon salt and mix well. Spread the mixture on a parchment-lined baking sheet. Bake until the nuts are mostly dry but still slightly sticky, about 40 minutes.
2. Remove the nuts from the oven and stir. Reduce the temperature to 200°. Return the nuts to the oven and bake until crisp, about 30 more minutes. Stir to loosen the nuts from the baking sheet; cool completely on the sheet.

SUNNY'S PULLED-PORK SANDWICHES

ACTIVE: 55 min | TOTAL: 10 hr 40 min (plus refrigerating) | MAKES: 10 sandwiches

FOR THE PORK SANDWICHES
- ½ cup spicy brown mustard
- ¼ cup honey
- Kosher salt and freshly ground pepper
- 1 tablespoon Hungarian paprika
- 3 cloves garlic, minced
- 1 7-to-9-pound bone-in pork shoulder, skin removed
- 10 crusty rolls, split
- Coleslaw, for serving

FOR THE BARBECUE SAUCE
- 2 tablespoons unsalted butter
- 2 tablespoons extra-virgin olive oil
- 4 medium onions, chopped
- Kosher salt and freshly ground pepper
- 8 cloves garlic, minced
- 1 teaspoon Hungarian paprika
- ½ cup packed light brown sugar
- 1 cup apricot preserves
- 1 cup ketchup
- 2 teaspoons hot chili sauce (such as Sriracha)
- 2 teaspoons apple cider vinegar

1. Prepare the pork: Combine the mustard, honey, 1 teaspoon salt, 1 tablespoon pepper, the paprika and garlic in a bowl. Prick the pork on all sides (including the fat) with a paring knife, about ½ inch deep. Brush all over with the mustard mixture. Tightly wrap with plastic wrap and refrigerate at least 6 hours.
2. Unwrap the pork, place in a roasting pan and bring to room temperature. Meanwhile, preheat the oven to 250°.
3. Transfer the pork to the oven and pour 1 inch hot water into the pan. Cook 3 hours, adding water as needed to maintain 1 inch.
4. Remove the pan from the oven, add water if needed and cover tightly with foil. Return to the oven and cook 6 more hours. Turn off the oven and let the pork rest inside, about 1 hour.
5. Meanwhile, make the sauce: Melt the butter with the oil in a large skillet over medium heat. Add the onions, season with salt and pepper and cook, stirring occasionally, until tender, 6 to 8 minutes. Add the garlic and paprika and cook 2 to 3 more minutes (reduce the heat if the garlic starts to brown). Stir in the brown sugar, preserves, ketchup and chili sauce, stirring after each addition. Bring to a simmer, then stir in the vinegar. Add salt to taste.
6. Remove the pork from the oven and take the meat off the bone. Coarsely shred the meat using 2 carving forks. Toss with some of the barbecue sauce and pan juices and season with salt and pepper. Serve on rolls with coleslaw.

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THE BIDENS' PASTA CAPRESE

ACTIVE: 30 min | TOTAL: 45 min | SERVES: 8

- ⅓ cup extra-virgin olive oil
- ¼ cup fresh lemon juice
- 1 shallot, minced
- 1 small clove garlic, minced
- Kosher salt and freshly ground pepper
- 1 teaspoon sugar (optional)
- 2 pounds mixed heirloom tomatoes, cored, seeded and cut into ½-inch pieces
- 1 pound pasta, such as campanelle, penne or fusilli
- 12 ounces fresh mozzarella cheese, cut into ½-inch pieces
- ½ cup chopped fresh basil
- ½ teaspoon grated lemon zest

1. Whisk the olive oil, lemon juice, shallot and garlic in a large bowl. Season with salt and pepper. Add sugar, if desired (depending on the sweetness of your tomatoes). Add the tomatoes and gently toss. Marinate at room temperature, about 15 minutes.
2. Meanwhile, bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Drain in a colander and run under cold water to stop the cooking.
3. Add the pasta and mozzarella to the tomato mixture and toss. Stir in the basil and lemon zest, and season with salt and pepper. Refrigerate, tossing occasionally, until serving.

SUNNY'S VEGETABLE CHIPS WITH BLUE-CHEESE DIP

ACTIVE: 45 min | TOTAL: 45 min (plus chilling)
SERVES: 8 to 10

FOR THE DIP

- ½ cup heavy cream
- 1 8-ounce container sour cream
- 2 tablespoons fresh lemon juice
- 4 ounces blue cheese, crumbled
- 2 scallions, finely chopped
- ½ teaspoon garlic powder
- Kosher salt and freshly ground pepper

FOR THE CHIPS

- Vegetable oil, for frying
- All-purpose flour, for dredging
- 2 medium to large beets (1 red, 1 yellow), peeled and sliced ⅛ inch thick
- Kosher salt
- 1 sweet potato, peeled and sliced ⅛ inch thick

1. Make the dip: Blend the heavy cream in a blender until slightly thickened. Add the sour cream, lemon juice, blue cheese, scallions and garlic powder and pulse to combine. Season with salt and pepper. Cover and chill 2 hours.
2. Make the chips: Heat 1 to 2 inches vegetable oil in a large pot over medium heat until a deep-fry thermometer registers 350°. Rest a cooling rack on a baking sheet lined with paper towels. Spread some flour in a baking dish, add the beet slices and toss. Tap off the excess flour, then fry the beets in batches (don't overcrowd the pot), stirring occasionally to make sure they don't stick to each other, 3 to 5 minutes, or until the fizzling around the chips slows down.
3. Transfer the chips with a slotted spoon to the rack and season with salt. Let cool at least 5 minutes; the chips will crisp up as they cool. Return the oil to 350° between batches.
4. Replenish the oil, if necessary, and return to 350°. Dredge the sweet potato slices in flour and fry in batches, stirring, 2 to 3 minutes. Transfer to the rack, season with salt and let cool. Serve the chips with the blue-cheese dip.

Sunny's uncle, Army Major General Rodney Anderson (below), was proud to see his niece in action. "She has so much passion for what she does," he said. The navy band Country Current (below right) kept the party going with down-home country music.

SUNNY'S SWEET MINTED TEA

ACTIVE: 20 min | TOTAL: 1 hr (plus chilling) | SERVES: 8

- ½ cup sugar
- ½ bunch fresh mint, plus leaves for garnish (optional)
- 3 black-tea bags
- Lemon slices, for garnish (optional)

1. Combine the sugar, mint (stems and all) and 1 cup water in a small pot. Bring to a boil over medium-high heat, stirring to dissolve the sugar. Reduce the heat to medium low and simmer 5 minutes. Remove from the heat, cover and let steep 30 minutes. Discard the mint; refrigerate the syrup until ready to use.

2. Put 2 quarts water in a pot and add the tea bags. Bring to a boil over medium-high heat, then remove from the heat, cover and let steep 20 minutes. Discard the tea bags. Pour the tea into a pitcher and add the mint syrup to taste. Refrigerate until cool.

3. Serve the tea over ice. Garnish with lemon and mint, if desired.

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THE BIDENS' GRILLED PIZZAS

ACTIVE: 1 hr | TOTAL: 1 hr 20 min (plus overnight rising) | MAKES: six 8-by-11-inch pizzas

FOR THE DOUGH

1 ¼-ounce packet active dry yeast
5 cups all-purpose flour
1 tablespoon sugar
Kosher salt
2 tablespoons extra-virgin olive oil, plus more for the bowl

FOR THE TOPPINGS

3 tablespoons extra-virgin olive oil, plus more for brushing
6 cloves garlic, thinly sliced
Pinch of red pepper flakes
1 28-ounce can whole San Marzano tomatoes
1 bunch fresh basil, leaves torn
Kosher salt and freshly ground pepper
1 pound fresh mozzarella cheese, thinly sliced and drained on paper towels
½ cup shredded parmesan cheese

1. Make the dough: Put 1½ cups warm water (110° to 115°) in the bowl of a stand mixer fitted with the dough hook attachment. Sprinkle the yeast over the water and let stand until foamy, about 10 minutes. Whisk the flour, sugar and 1 teaspoon salt in a separate bowl, then add to the yeast mixture along with 2 tablespoons olive oil. Mix on low speed until the dough starts to come together, about 1 minute. Increase the speed to medium low and mix until the dough starts to look smooth, about 1 minute. Increase the speed to medium and mix until the dough is smooth and elastic, 4 to 6 more minutes (it should stretch 3 inches without breaking). Transfer to an oiled bowl and cover with a damp towel or plastic wrap. Let rise in the refrigerator overnight.

2. Lightly press down on the dough, then divide into 6 balls. Put on a baking sheet, cover and refrigerate until ready to grill.

3. Meanwhile, make the toppings: Heat the olive oil in a pot over medium-low heat. Add the garlic and red pepper flakes and cook 3 to 5 minutes. Crush the tomatoes into the pot with your hands; add the juices. Rinse the can with 1 cup water and add to the pot. Add a handful of basil and season with salt and pepper. Increase the heat to medium and simmer until thickened, 20 to 25 minutes. Cool slightly.

4. Preheat one side of a grill to high and the other to medium. Brush 2 baking sheets with olive oil; stretch each dough ball into a thin oval (about 8 by 11 inches) on the sheets. Brush the tops of the dough with more oil.

5. Working in batches, grill the dough over high heat until bubbly on top and marked on the bottom, 3 to 4 minutes. Flip the dough onto the cooler side of the grill. Quickly top each crust with tomato sauce and mozzarella and cover until the cheese melts, about 2 minutes. Transfer the pizzas to a cutting board; sprinkle with the parmesan and remaining basil.

The Bidens kept the party small so they'd have time to talk to all the guests. By the end of the night, everyone seemed like old friends; the vice president even threw a football around with the kids.

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SUNNY'S PATRIOTIC BERRY TRIFLE

ACTIVE: 35 min | TOTAL: 35 min (plus chilling) | SERVES: 8 to 10

- ¼ cup plus ⅔ cup sugar
- ¼ cup fresh lemon juice
- ¼ teaspoon almond extract
- 1 premade angel food cake, cut into 1-inch slices
- 1 pound cream cheese, at room temperature
- 2 cups heavy cream, at room temperature
- 2 pints blueberries
- 2 pints strawberries, hulled and sliced

1. Heat ¼ cup sugar, the lemon juice and ¼ cup water in a saucepan over medium-high heat, stirring, until the sugar dissolves. Remove from the heat and stir in the almond extract.
2. Brush both sides of each slice of cake with the syrup. Cut the slices into 1-inch cubes.
3. Beat the remaining ⅔ cup sugar and the cream cheese with a mixer on medium speed until smooth and light. Add the cream and beat on medium-high speed until smooth and the consistency of whipped cream.
4. Arrange half of the cake cubes in the bottom of a 13-cup trifle dish. Sprinkle evenly with a layer of blueberries. Dollop half of the cream mixture over the blueberries and gently spread. Top with a layer of strawberries. Layer the remaining cake cubes on top of the strawberries, then sprinkle with more blueberries and top with the remaining cream mixture. Finish with the remaining strawberries and blueberries, arranging them in a decorative pattern. Cover and refrigerate 1 hour.

Follow the Bidens' lead and get involved in your community. For more information, visit serve.gov.

LISTEN CLOSELY AND YOU MAY DETECT A GERMAN ACCENT.

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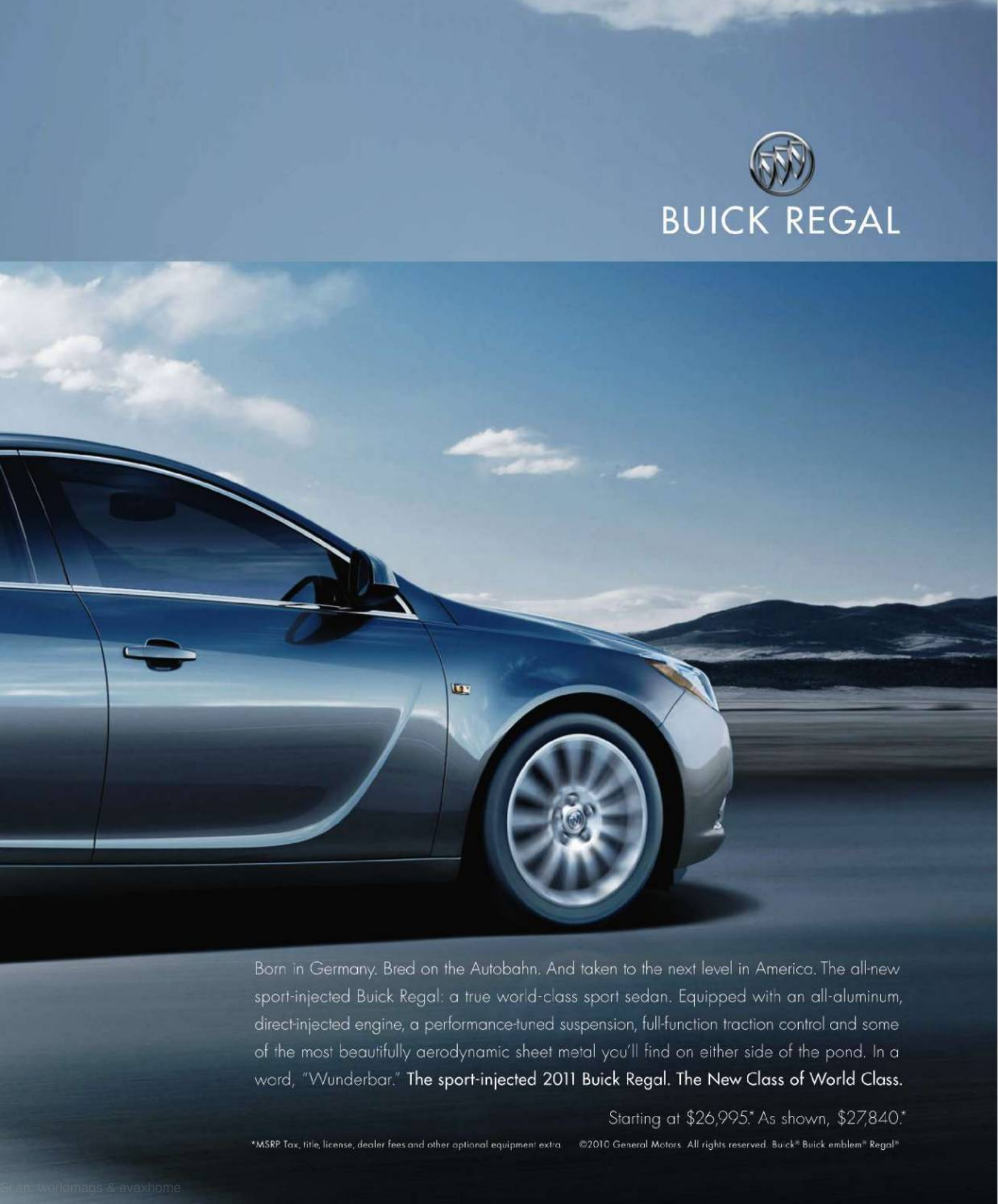

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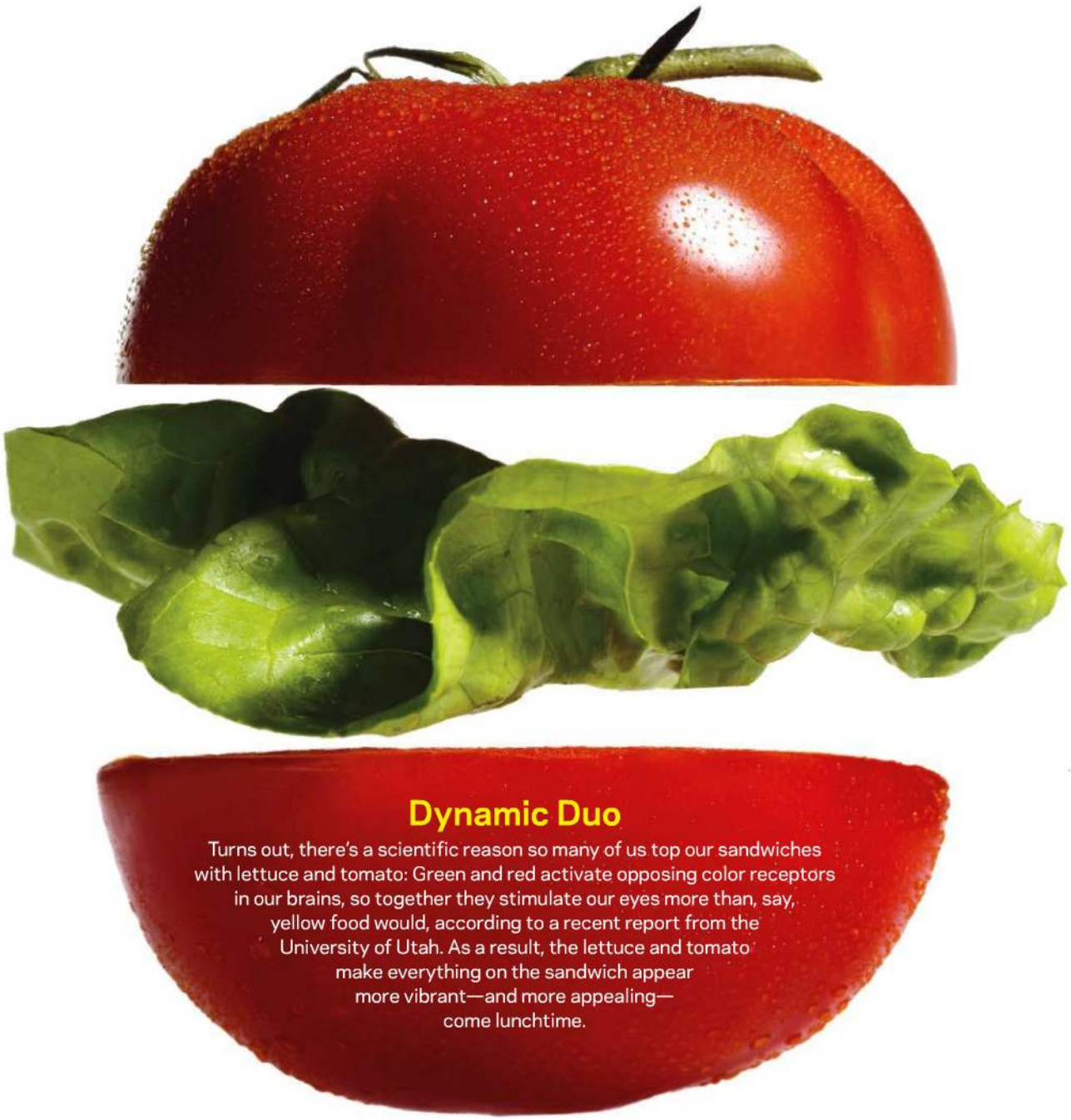
Fun Cooking

Learn the science behind **sandwich toppings.** Then, judge a pizza cook-off and find 50 new after-school snack ideas.



Dynamic Duo

Turns out, there's a scientific reason so many of us top our sandwiches with lettuce and tomato: Green and red activate opposing color receptors in our brains, so together they stimulate our eyes more than, say, yellow food would, according to a recent report from the University of Utah. As a result, the lettuce and tomato make everything on the sandwich appear more vibrant—and more appealing—come lunchtime.

PHOTO: CHARLES MASTERS; FOOD STYLING: JAMIE KIMM.

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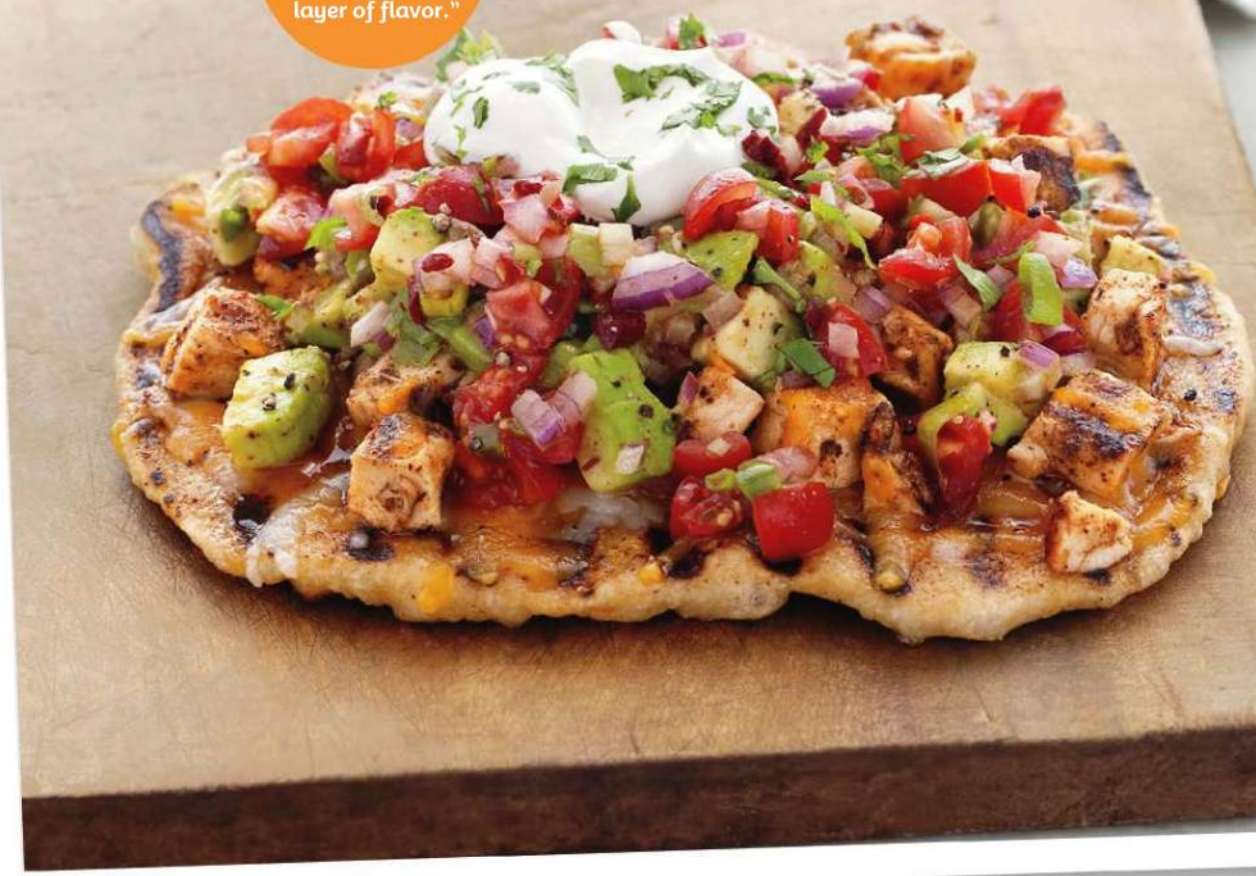
face-off

"I sprinkled Big Daddy's taco seasoning on the dough to give my pizza an added layer of flavor."

He Made



AARON McCARGO, JR.'S GRILLED CHICKEN TACO PIZZAS

ACTIVE: 55 min | TOTAL: 1 hr 25 min | MAKES: 3 individual pizzas

FOR THE TACO SEASONING

Aaron's secret weapon

- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 1 tablespoon chili powder
- 1 teaspoon dried oregano
- 1 teaspoon cayenne pepper
- 1 teaspoon ground cumin
- Kosher salt and freshly ground black pepper

FOR THE PIZZAS

- ¼ cup canola oil, plus more for brushing
- 1 pound skinless, boneless chicken breasts
- 1 16-ounce tube pizza dough
- All-purpose flour, for dusting
- 1 cup shredded mozzarella
- 1 cup shredded sharp cheddar
- 1 avocado
- Juice of 1 lime
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- 1 tablespoon diced red onion
- Kosher salt and freshly ground black pepper
- 1 cup fresh salsa
- ½ cup sour cream
- ¼ cup chopped fresh cilantro

1. Make the taco seasoning: Mix all of the ingredients with 1 tablespoon each salt and black pepper in a bowl.
2. Prepare the pizza: Mix 2 tablespoons of the taco seasoning and the canola oil in a shallow bowl. Pound the chicken between 2 pieces of plastic wrap to ¼ inch thick. Add the chicken to the bowl, turning to coat, and marinate 30 minutes.
3. Preheat a grill to medium high. Grill the chicken until cooked through, about 4 minutes per side. Let cool, then cut into bite-size pieces.
4. Divide the dough into 3 pieces. Roll out each on a floured surface into an 8-inch round. Brush with canola oil, sprinkle with taco seasoning and grill until crisp, 3 to 5 minutes per side; remove from the grill.
5. Mix the cheeses in a bowl, then sprinkle on the crusts and top with the chicken. Return the pizzas to the grill, cover and cook until the cheese is melted, about 5 minutes. Meanwhile, mix the avocado, lime juice, cumin, chili powder, red onion, and salt and pepper to taste. Top the pizzas with the avocado mixture, salsa, sour cream and cilantro.

FOOD PHOTOS: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: AMY WILSON.

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She Made

"My pizza combines classic fresh ingredients for a great taste the whole family will love!"

We asked **Aaron McCargo, Jr.,** host of *Big Daddy's House*, and **Sandra Lee,** star of *Semi-Homemade Cooking*, to make the ultimate pizza. Who turns out the better pie?

VOTE! Tell us which chef is the pizza champion at **foodnetwork.com/magazine.**

SANDRA LEE'S FRESH GOAT CHEESE AND PROSCIUTTO PIZZA

ACTIVE: 10 min | TOTAL: 25 min | MAKES: 1 large pizza

- 1 10-ounce fully baked thick pizza crust
- ⅓ cup marinara sauce
- 1 cup shredded mozzarella
- 2 ounces thinly sliced prosciutto
- 1 ounce fresh goat cheese, coarsely crumbled
- 2 tablespoons chopped fresh basil

Sandra's secret weapon

1. Preheat the oven to 425°. Line a pizza pan or baking sheet with foil and lay the pizza crust on top. Spread the sauce evenly over the crust. Sprinkle with the mozzarella, leaving a 1-inch border around the edge.
2. Bake until the cheese is melted, about 10 minutes. Remove the pizza from the oven and top with the prosciutto and goat cheese. Bake until the prosciutto is slightly crisp, about 4 more minutes. Sprinkle with the basil. Cut the pizza into 6 slices.

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Copy That!

top secret

Starbucks wouldn't give away the secret recipe for its Mocha Frappuccino, so the chefs in Food Network Kitchens whipped up this cool knockoff.

ALMOST-FAMOUS MOCHA FRAPPÉS

MAKES: 4 drinks

FOR THE COFFEE ICE
- 3 tablespoons sugar
- 2 cups warm strong coffee

FOR THE CHOCOLATE SYRUP
- ⅔ cup sugar
- ½ cup unsweetened cocoa powder
- 1 ounce milk chocolate, finely chopped
- 1½ teaspoons honey
- ½ teaspoon vanilla extract

FOR THE FRAPPÉS
- 1 cup reduced-fat milk
- Whipped cream, for topping

1. Make the coffee ice: Stir the sugar into the coffee until dissolved, then let cool. Pour into a 16-cube ice-cube tray and freeze until solid, about 3 hours.
2. Make the chocolate syrup: Combine the sugar and cocoa powder in a saucepan and slowly whisk in ⅔ cup hot water. Bring to a simmer over medium heat, whisking, until the sugar dissolves, 3 to 5 minutes; do not boil. Remove from the heat and stir in the chocolate, honey and vanilla until smooth. Transfer to a bowl and refrigerate until cool.
3. Make the frappés: Puree 8 coffee ice cubes, ½ cup milk, ⅓ to ½ cup chocolate syrup and 1 cup plain ice in a blender until smooth. Pour into 2 glasses, then repeat to make 2 more drinks. Top with whipped cream and more chocolate syrup.

It's hard to believe, but 15 years ago coffee shops didn't offer much in the way of cool summer drinks, aside from iced coffee or tea. It wasn't until 1995 that the Frappuccino was born: At the request of customers, the manager at a Starbucks in Santa Monica, CA, started experimenting with a blender, mixing together espresso, milk and ice. The concoction became so popular that nearby stores started serving it, too, and once Starbucks headquarters got wind of the new hit drink, the company added mocha and coffee Frappuccinos to its menu—plus more than 40 flavors since then. Readers like Taylor Church from Purlear, NC, have been asking us to get the recipe, but Starbucks reps wouldn't hand it over, so Food Network Kitchens blended this perfect copy.

Starbucks

FOOD PHOTO: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: MARINA MALCHIN. FOLDER, STATIONERY, POLAROID AND CLIP: ISTOCKPHOTO.

Click! Tell us which secret recipe we should copy next at **foodnetwork.com/magazine.**

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*Calorie count doesn't include toppings. But at 110 calories per bagel, top away.

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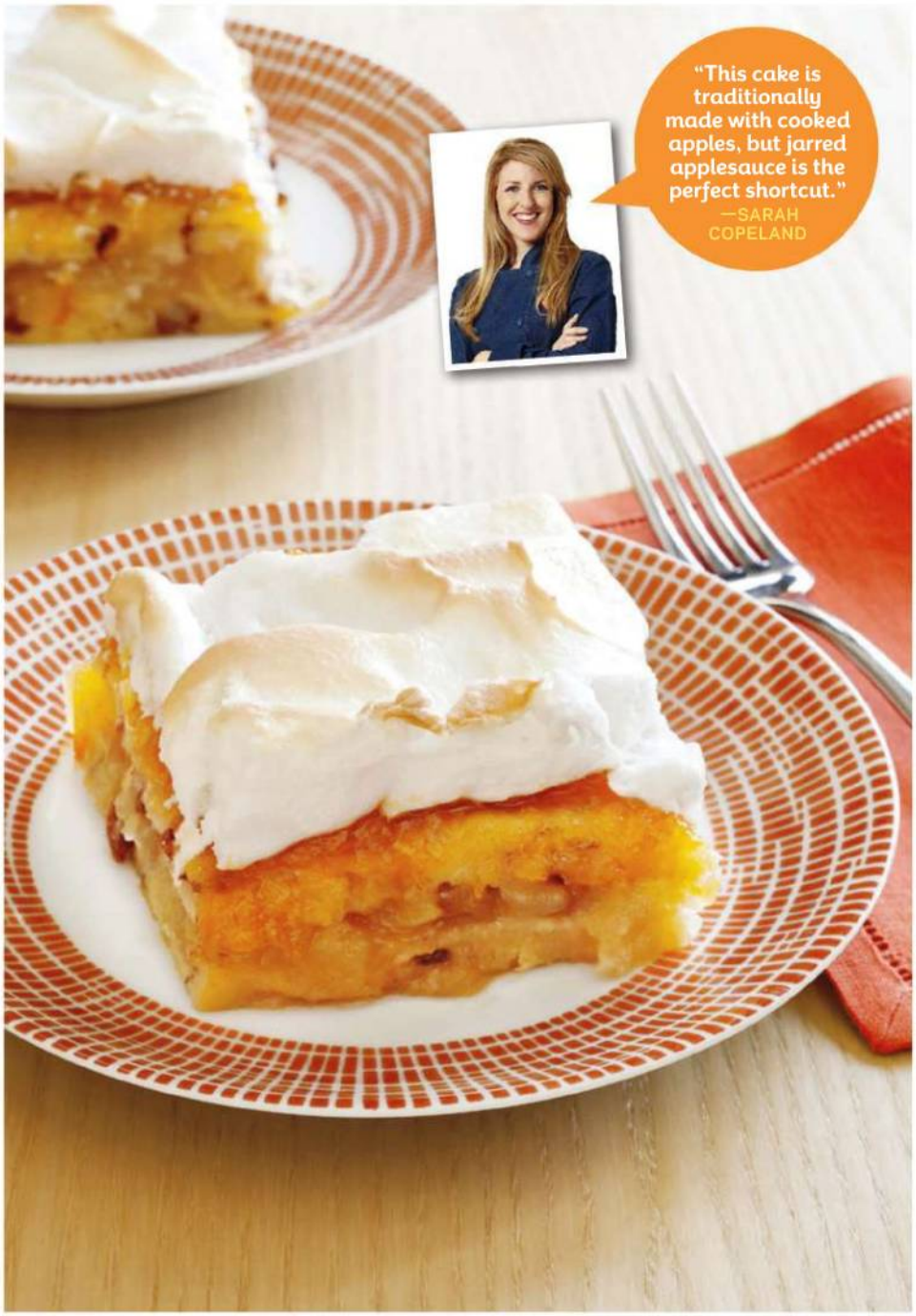
challenge

Out of the Box

Three chefs from Food Network Kitchens put a new spin on the classic after-school snack: **applesauce.**



FOOD PHOTOS: KATE SEARS; FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: PAM MORRIS. APPLESAUCE: STUART TYSON/STUDIO D. PORTRAITS: BEN GOLDSTEIN/STUDIO D.

SARAH'S APPLE-BREAD PUDDING CAKE

ACTIVE: 30 min | TOTAL: 1 hr (plus cooling) | SERVES: 8 to 10

- 4 tablespoons unsalted butter, melted, plus more for the pan
- 2½ cups chunky applesauce
- ½ cup golden raisins
- 1 teaspoon finely grated lemon zest
- 1 teaspoon ground cinnamon
- ½ cup milk
- 2 large eggs, separated
- 1 1-pound loaf sliced whole-wheat or cinnamon-raisin bread, crusts removed
- ½ cup confectioners' sugar
- ¾ cup apricot preserves

1. Preheat the oven to 375°. Butter an 8-inch-square baking pan and line with foil, leaving a 2-inch overhang on all sides; butter the foil.
2. Mix the applesauce, raisins, lemon zest and cinnamon in a bowl; set aside. Whisk the melted butter, milk and egg yolks in a shallow dish.
3. Dip half of the bread slices in the egg mixture and layer in the prepared pan, trimming as needed. Spread the applesauce mixture over the bread. Dip the remaining bread slices in the egg mixture and layer on top. Bake until the egg mixture is set and the bread is golden, about 35 minutes.
4. Meanwhile, beat the egg whites and confectioners' sugar in a bowl with a mixer on medium-high speed until stiff peaks form. Spread the apricot preserves on top of the cake. Spread the egg-white mixture on top of the preserves, forming peaks with the back of a spoon. Return to the oven until the meringue is golden, 5 to 7 minutes.
5. Let the cake cool in the pan, about 1 hour. Lift out of the pan using the foil and slice into squares.

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CLAUDIA'S CURRIED SWEET POTATO–APPLE SOUP

ACTIVE: 45 min | TOTAL: 55 min | SERVES: 4

- 3 medium sweet potatoes
- 3 tablespoons unsalted butter
- 1 small onion, chopped
- 2 cloves garlic, smashed
- 1 2-inch piece ginger, peeled and grated
- ¼ teaspoon freshly grated nutmeg, plus more for garnish
- 1½ teaspoons Madras curry powder
- Kosher salt and freshly ground pepper
- 2 cups low-sodium chicken broth
- 1¼ cups chunky applesauce
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon apple cider vinegar
- 1 to 2 tablespoons chopped fresh cilantro

1. Preheat the oven to 425°. Peel and dice 2½ sweet potatoes. Melt 2 tablespoons butter in a large pot over medium heat. Add the onion and garlic and cook until soft, about 5 minutes. Stir in the ginger, nutmeg, 1¼ teaspoons curry powder, and salt and pepper to taste and cook until toasted, 1 more minute.

2. Add the diced sweet potatoes, chicken broth and 2 cups water to the pot, cover and bring to a boil over medium-high heat. Reduce the heat to medium low and stir in the applesauce. Simmer, covered, until the sweet potatoes are soft, about 20 minutes. Puree the soup with a blender until smooth. Season with salt and pepper; keep warm.

3. Meanwhile, peel and thinly slice the remaining ½ sweet potato and toss with the olive oil, and salt and pepper to taste. Spread in a single layer on a baking sheet and bake until crisp, 7 to 10 minutes.

4. Heat the remaining 1 tablespoon butter in a skillet over medium heat. Add the remaining ¼ teaspoon curry powder and cook, stirring, until browned; remove from the heat and add the vinegar. Top with the curry butter, cilantro and sweet-potato chips.

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AMY'S MUSHROOM-APPLE PIEROGIES

ACTIVE: 1 hr 10 min | TOTAL: 1 hr 10 min
SERVES: 6

FOR THE PIEROGIES
¼ cup smooth applesauce or strained chunky applesauce, plus more for serving
1 tablespoon vegetable oil
Kosher salt
2 large eggs
2½ cups all-purpose flour, plus more for dusting
4 tablespoons unsalted butter
Sour cream, for serving

FOR THE FILLING
5 slices bacon
8 ounces cremini mushrooms, sliced
Kosher salt
1 small onion, chopped
8 ounces sauerkraut, rinsed
2 teaspoons fresh thyme, chopped
2 teaspoons paprika
1¼ cups chunky applesauce

1. Make the pierogi dough: Whisk the applesauce, vegetable oil, ½ teaspoon salt, 1 egg and ½ cup warm water in a bowl. Put the flour in another bowl and stir in the applesauce mixture. Turn the dough out onto a floured surface and knead until smooth, 1 to 2 minutes, dusting with flour as needed. Cover with plastic wrap and set aside, about 30 minutes.

2. Meanwhile, make the filling: Cook the bacon in a large skillet over medium heat until crisp. Transfer to a paper towel–lined plate. Drain all but 2 tablespoons fat from the skillet. Add the mushrooms, season with salt and cook over high heat, stirring until browned, about 4 minutes. Add the onion and cook until soft, about 4 more minutes.

3. Stir in the sauerkraut, thyme, paprika, 1 cup applesauce and ½ cup water. Bring to a simmer, cover and cook until the mushrooms are tender, about 5 minutes, then uncover and cook until thickened, about 4 minutes. Chop the bacon and add to the skillet with the remaining ¼ cup applesauce and salt to taste.

4. Make the pierogies: Bring a large pot of salted water to boil. Beat the remaining egg in a bowl with 1 tablespoon water. Roll out half of the dough to less than ⅛ inch thick (keep the remaining dough covered with plastic wrap). Cut into rounds using a 3½-inch cookie cutter or a drinking glass. Top each round with 1 tablespoon of the mushroom filling, brush the edges with the beaten egg and fold in half; crimp with a fork to seal. Repeat with the remaining dough and filling.

5. Melt 4 tablespoons butter in a large skillet over medium-low heat. Boil the pierogies in batches until tender, about 5 minutes, then transfer to the skillet using a slotted spoon and toss with the butter until browned. Serve with applesauce and sour cream.

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challenge

Lighten Up

We took the guilt out of a favorite childhood treat: **chocolate pudding.**

LOW-FAT CHOCOLATE PUDDING

ACTIVE: 30 min | TOTAL: 30 min (plus chilling) | SERVES: 6

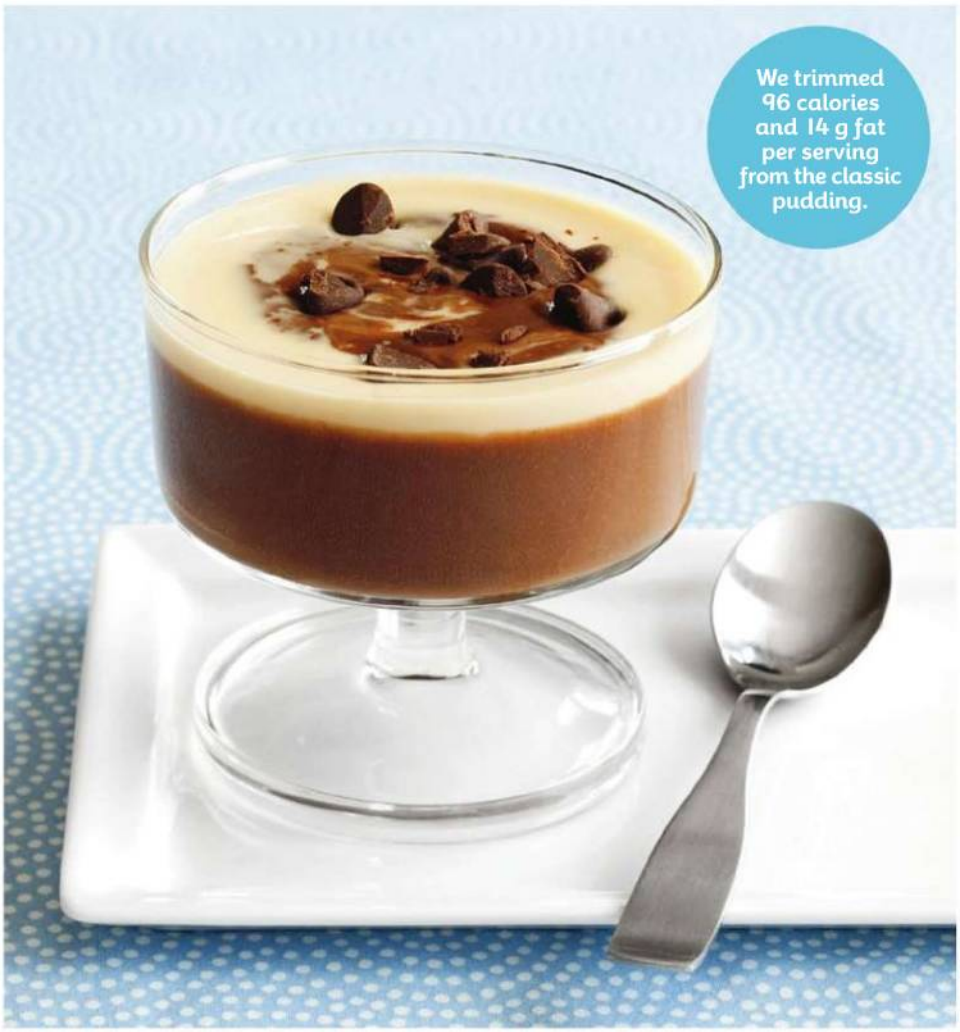
- ⅓ cup agave nectar or packed light brown sugar
- 2 tablespoons cornstarch
- Pinch of salt
- 2 12-ounce cans fat-free evaporated milk
- 2 large egg whites, lightly beaten
- 1 tablespoon plus 1 teaspoon vanilla extract
- 2 tablespoons white chocolate chips
- ¼ cup unsweetened cocoa powder
- 2 tablespoons semisweet chocolate chips, plus more for topping

1. Whisk the agave nectar, cornstarch and salt in a heavy-bottomed pot. Whisk in the evaporated milk and egg whites until well combined. Cook over medium-low heat, whisking constantly, until the mixture bubbles and thickens, about 10 minutes. Remove from the heat; stir in 1 tablespoon vanilla.

2. Transfer 1 cup of the mixture to a medium bowl. Add the white chocolate chips and the remaining 1 teaspoon vanilla and stir until the chips melt. Add the cocoa powder and semisweet chocolate chips to the remaining pudding and stir until the chips melt.

3. Divide the chocolate pudding among dishes and top with the vanilla pudding. Cover with plastic wrap and refrigerate until set, at least 2 hours. Chop some chocolate chips to sprinkle on top.

Per serving: **Calories** 228; **Fat** 3 g (**Saturated** 2 g); **Cholesterol** 2 mg; **Sodium** 214 mg; **Carbohydrate** 38 g; **Fiber** 1 g; **Protein** 10 g



We trimmed 96 calories and 14 g fat per serving from the classic pudding.

PUDDING: KATE SEARS; FOOD STYLING: STEPHANA BOTTOM; PROP STYLING: PAM MORRIS. EVAPORATED MILK, EGG WHITES AND AGAVE NECTAR: STUART TYSON/STUDIO D.

Secret Ingredients

Here's how Food Network Kitchens cut fat and calories.

Fat-Free Evaporated Milk
We used this creamy nonfat milk in place of whole milk and cut 4 g fat per serving.

Egg Whites
We needed eggs to thicken the pudding but skipped the yolks to cut 2 g fat per serving.

Agave Nectar
This honey-like syrup is sweeter than granulated sugar, so we could use less.

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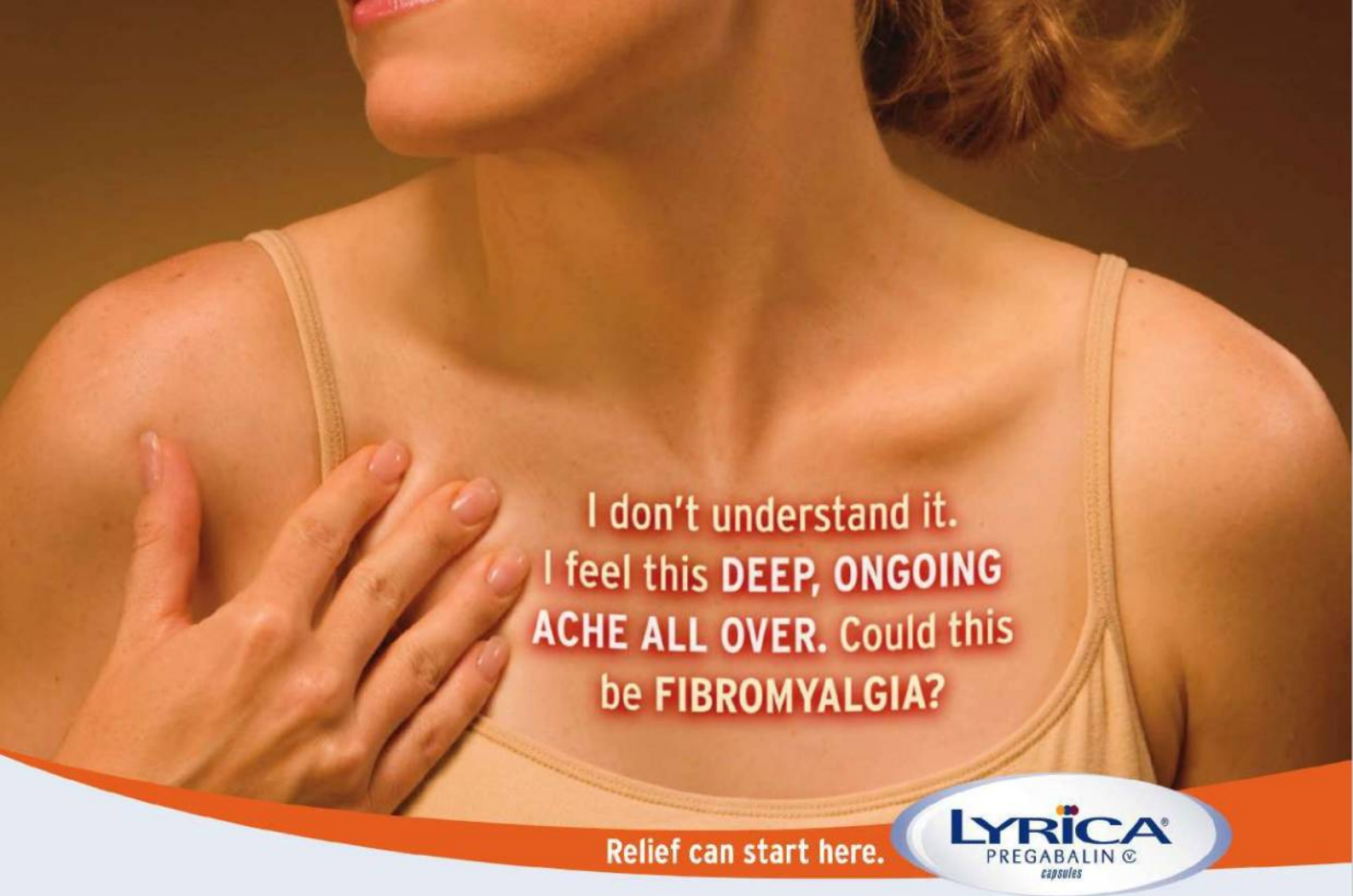

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Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-5-LYRICA (1-888-559-7422).

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IMPORTANT FACTS

LYRICA® PREGABALIN © capsules (LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:
- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.
Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:
- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.
This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.
Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:
- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:
- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:
- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.
LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:
- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:
- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:
- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:
- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:
- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

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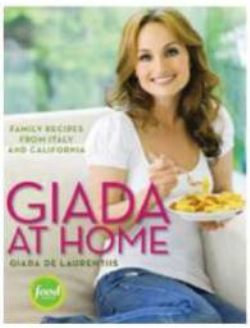

Giada at Home

In *Giada at Home*, Giada De Laurentiis shares a personal look into how she cooks for those dearest to her, with simple recipes inspired by her television show of the same name. She entices home cooks with her California-influenced twists on Italian favorites. Classic or contemporary, always simple and delicious!

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50 After-School Snacks

Mix up your afternoon routine with these smart ideas.

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50 After-School Snacks

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1. Sweet Bagel Chips Slice stale cinnamon-raisin bagels crosswise into thin rounds. Brush the tops with melted butter and sprinkle with cinnamon sugar. Bake 10 minutes at 325°; flip, brush with more butter, sprinkle with more cinnamon sugar and bake 10 more minutes.

2. Garlic Bagel Chips Melt 3 tablespoons butter with 2 chopped garlic cloves in a saucepan. Make Sweet Bagel Chips (No. 1) using plain bagels and topping with the garlic butter and grated parmesan.

3. Fruit Dip Mix 1 cup low-fat sour cream and 2 tablespoons each brown sugar and lime juice; sprinkle with cinnamon sugar. Thread fruit onto skewers; serve with the dip.

4. Cheesy Chex Mix Toss 3 cups Chex cereal, 2 cups mini pretzels and 1 cup cheese crackers with ¾ cup grated parmesan, ½ stick melted butter and a pinch of garlic powder. Spread on a baking sheet and bake 15 minutes at 325°, stirring.

5. Caramel Popcorn Melt ⅓ cup butter with 1 tablespoon honey and a pinch of salt. Toss with 12 cups popcorn and 1 cup pecans. Spread on a parchment-lined baking sheet and bake 15 minutes at 325°, tossing. Cool.

6. Sesame Potato Chips Preheat 2 baking sheets in a 425° oven. Toss thinly sliced russet potatoes with olive oil and salt. Spread on the hot baking sheets, sprinkle with sesame seeds and bake 10 minutes.

7. Curry Potato Chips Make Sesame Potato Chips (No. 6); toss the potatoes with curry powder before baking. Omit the sesame seeds.

8. Salami Snails Top strips of refrigerated breadstick dough with 1 strip each of provolone and salami; roll into pinwheels. Brush with olive oil and sprinkle with dried oregano. Bake as the dough label directs.

9. Pita Nachos Split a whole-wheat pita into 2 rounds, then cut into wedges. Broil until golden, then sprinkle with grated cheddar and salsa and broil until the cheese melts. Top with sliced scallions.

10. Apple Quesadillas Melt some butter in a skillet, then lay a flour tortilla in the pan and top with grated cheddar and thinly sliced apple on one side. Fold the tortilla in half and cook until golden on both sides. Cut into wedges.

11. Granola Bars Melt 2 tablespoons butter in a saucepan with ⅓ cup each honey and brown sugar, and a pinch of salt. Mix in 2 cups rolled oats, 1 cup each chopped nuts and dried fruit, and 2 tablespoons wheat germ. Press into a parchment-lined 8-inch-square pan and bake 30 minutes at 300°. Cool, then cut into bars.

No. 12

Fruit Smoothie
Puree 1 cup vanilla yogurt, 1 cup frozen strawberries, 1 frozen banana and ¼ cup orange juice in a blender until smooth.

13. Ham Pinwheels Spread scallion cream cheese on a sun-dried-tomato tortilla and top with thinly sliced ham. Roll up the tortilla and cut into ½-inch pieces.

14. Pepperoni Pizza Bread Halve a small loaf of Italian bread horizontally and toast under the broiler. Brush with olive oil, then top with tomato sauce, grated mozzarella, parmesan and sliced pepperoni. Broil until bubbly. Sprinkle with dried oregano.

15. Granola Mix 3 cups rolled oats, 1 cup mixed seeds, 1 cup chopped mixed nuts, ¼ cup shredded coconut and a pinch each of salt and cinnamon. Toss with 1 tablespoon vegetable oil and 3 tablespoons honey. Spread on a baking sheet and bake 25 minutes at 325°, tossing. Cool; stir in 2 cups mixed dried fruit.

FOOD STYLING: STEPHANA BOTTOM.

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16. Salsamole Mix ½ cup salsa, 2 smashed avocados, 2 tablespoons each lime juice and chopped cilantro, and salt to taste. Serve with tortilla chips.

17. Mango Salsa Scoops Toss 1 cup each diced mango and black beans with ¼ cup diced red onion. Add 2 tablespoons each chopped pickled jalapeños and the liquid from the jar, chopped cilantro and lime juice. Season with salt. Serve in tortilla scoops.

18. Chocolate Chow Mein Microwave ¼ cup each peanut butter, chocolate chips and butter until melted. Put 3 cups each chow mein noodles and Chex cereal, and ½ cup each chopped peanuts and raisins in a resealable plastic bag; add the chocolate mixture and shake to coat. Add 2 cups confectioners' sugar and shake again.

No. 19

Nutella Egg Cream
Mix 2 tablespoons room-temperature Nutella and ¾ cup milk in a glass. Quickly stir, then pour in ½ cup cold seltzer.

20. Bean Roll-Ups Spread bean dip on a flour tortilla, top with shredded cheddar and roll up. Brush with vegetable oil and bake 10 minutes at 400°. Serve with salsa.

21. Crunchy Chickpeas Cook a 15-ounce can drained chickpeas in an ovenproof skillet with 2 tablespoons olive oil and 1 teaspoon each cumin and smoked paprika, 2 minutes. Season with salt, then bake 20 minutes at 425°.

22. Cinnamon-Sugar Sticks Beat ½ cup softened cream cheese with 1 tablespoon cinnamon sugar until smooth. Spread onto strips of refrigerated breadstick dough. Twist and stretch into 12-inch sticks and bake as the dough label directs. Brush with melted butter.

23. Black Bean Hummus Puree a 15-ounce can drained black beans with 1 garlic clove, 2 tablespoons each lemon juice and tahini, and 1 teaspoon cumin; add water if needed. Season with salt. Serve with crackers or vegetables.

24. Edamame Hummus Make Black Bean Hummus (No. 23), but substitute 1 cup cooked shelled edamame for the beans. Add 1 teaspoon sesame oil and top with sesame seeds. Serve with rice crackers.

25. White Bean Hummus Make Black Bean Hummus (No. 23), but substitute white beans for the black beans and add ½ cup chopped scallions. Serve with pita or breadsticks.

26. Nutty Pretzel Wands Spread peanut butter on the top few inches of pretzel rods. Roll in chopped peanuts and/or dried fruit.

27. Apple Moons Slice an apple into crescents. Spread with peanut or almond butter and press granola on top.

28. Crackerwiches Spread peanut butter on saltines. Top with thin strawberry slices. Drizzle with honey and top each with another saltine.

29. Smoky Pretzel Mix Melt ½ stick butter with 3 tablespoons brown sugar, 1 teaspoon smoked paprika and ¼ teaspoon cayenne. Toss with 3 cups mini pretzels and 2 cups mixed nuts. Spread on a baking sheet and bake 20 minutes at 325°, stirring.

30. Artichoke-Pesto Bites Mix ½ cup each ricotta, chopped artichoke hearts and pesto with ¼ cup grated parmesan, and salt and pepper. Spread on focaccia and top with mozzarella. Bake 10 minutes at 375°.

31. Jam Pockets Roll out refrigerated pizza dough to ¼ inch thick; cut into 3-inch rounds. Dollop with cream cheese and jam. Brush the edges with beaten egg, fold in half and press to seal. Brush with egg and sprinkle with sugar. Poke a hole in each; bake 20 minutes at 400°.

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32. Ricotta-Apple Pockets Make Jam Pockets (No. 31), but fill with ricotta, diced apple and a pinch of cinnamon sugar. Brush with egg and sprinkle with more cinnamon sugar before baking.

33. Broccoli-Cheddar Pockets Make Jam Pockets (No. 31), but fill with chopped cooked broccoli and shredded cheddar. Brush with egg and sprinkle with parmesan before baking.

34. Pizza Pockets Make Jam Pockets (No. 31), but fill with tomato sauce and grated mozzarella and parmesan. Brush with egg and sprinkle with more parmesan before baking.

35. Tortellini Kebabs Toss cooked spinach tortellini, grape tomatoes and mini mozzarella balls with pesto, olive oil, salt and pepper. Thread onto skewers.

36. Yogurtwiches Place a scoop of frozen yogurt between graham cracker squares. Roll the edges in chocolate chips. Freeze until firm.

37. Better Brownies Prepare your favorite brownie batter, adding 1 cup shredded zucchini (squeezed dry); divide among greased mini-muffin cups and bake 15 to 18 minutes at 350°.

38. Berry Brownies Prepare your favorite brownie batter and divide among greased mini-muffin cups. Press a raspberry or sliced strawberry into the batter; bake 15 to 18 minutes at 350°.

39. Pretzel Melts Sandwich small slices of cheddar between mini pretzels. Put on a parchment-lined baking sheet and bake about 10 minutes at 425°. Serve with mustard.

40. Loaded Oatmeal Cookies Prepare a 17.5-ounce package oatmeal cookie mix as the label directs, but substitute ½ cup applesauce for the butter or oil and add ¼ cup wheat germ and 1 cup each chopped mixed nuts, dried fruit and shredded coconut to the batter.

41. Jicama Sticks Peel a jicama; cut into sticks. Toss with lime juice and sprinkle with chopped cilantro, salt, sugar and chili powder.

42. Fruit-Nut Treats Make Rice Krispies Treats as the label directs, adding ¼ cup sesame seeds and ½ cup each chopped dried fruit and sunflower seeds with the cereal.

43. Elvis Waffles Spread peanut butter on toasted mini whole-wheat waffles. Top with sliced banana, crumbled bacon and honey.

44. Tuxedo Olives Cut cheese sticks into thin strips. Stuff inside large pitted olives. Toss with olive oil, red wine vinegar and parsley.

45. Banana Chips Slice a banana into ⅛-inch-thick rounds and lay on a greased baking sheet. Bake at 200° until golden, 2 to 3 hours. Let harden at room temperature.

46. Chicken and Waffles Mix chicken salad with some sliced grapes and chopped walnuts. Spoon onto toasted mini whole-wheat waffles.

No. 47

Pomegranate Slushies
Blend 1 cup pomegranate juice and 2 tablespoons honey with 3 cups ice until slushy. Pour into glasses and top with more juice.

48. Fruit Leather Mix ⅓ cup no-sugar-added fruit preserves with 1 teaspoon cornstarch. Spread into a 2-by-12-inch strip on greased parchment; bake 45 minutes at 225°. Cool, then trim the parchment and roll up.

49. Dried Apples Cut an apple in half and scoop out the seeds with a spoon. Slice into ¼-inch-thick rounds. Lay on a greased baking sheet and bake at 200° until dry, 2 to 3 hours.

50. Matzo Melts Brush matzo crackers with olive oil and sprinkle with salt, pepper and dried rosemary. Top with sliced turkey and shredded cheddar. Bake 5 minutes at 400°.

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STUDIO D; FOOD STYLING: STEPHANIA BOTTOM

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Weeknight Cooking

Try one of these easy meals from **Food Network Kitchens** and choose a simple side to match.

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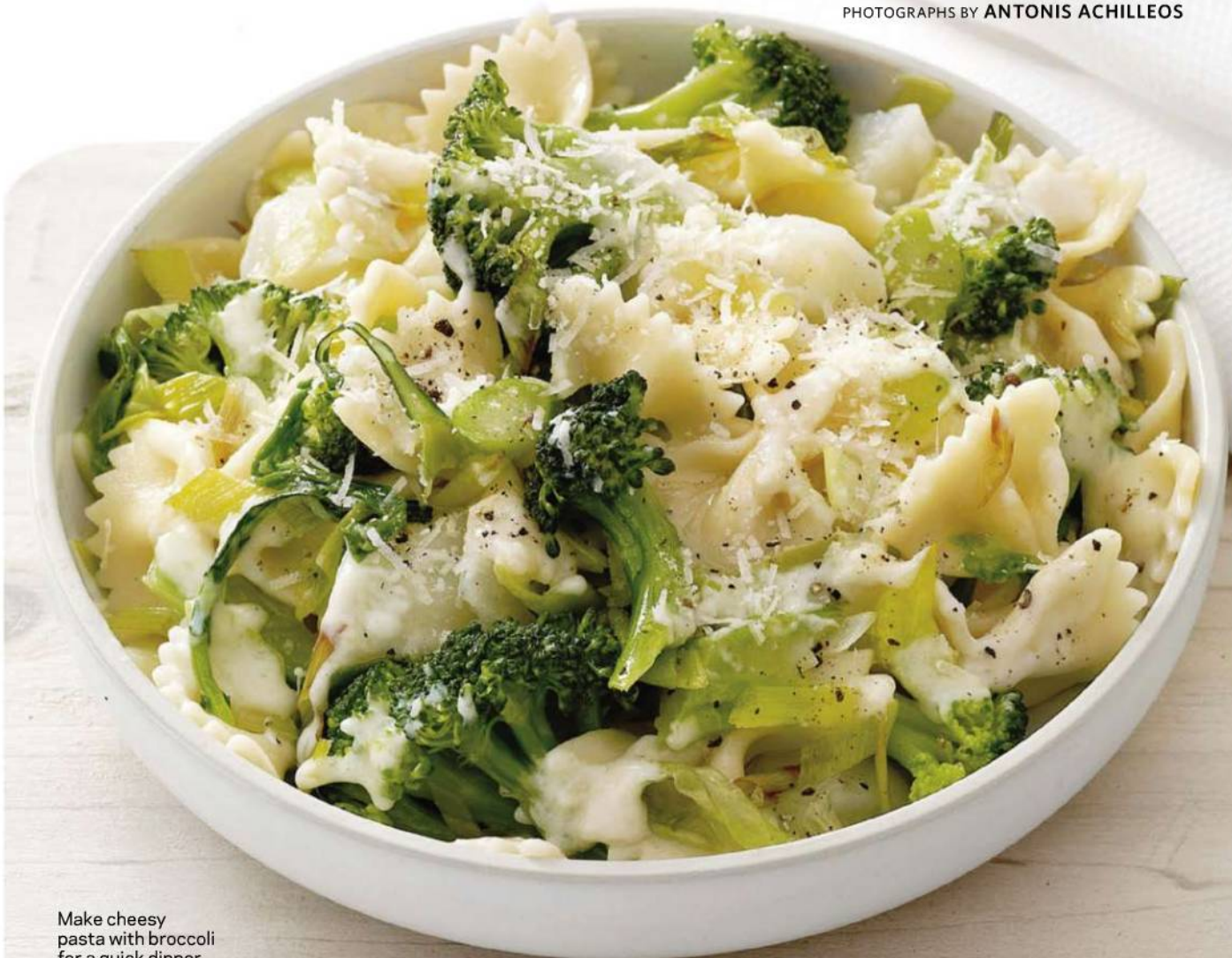

Make cheesy pasta with broccoli for a quick dinner. See page 86.

FOOD STYLING: JAMIE KIMM; PROP STYLING: MARINA MALCHIN.

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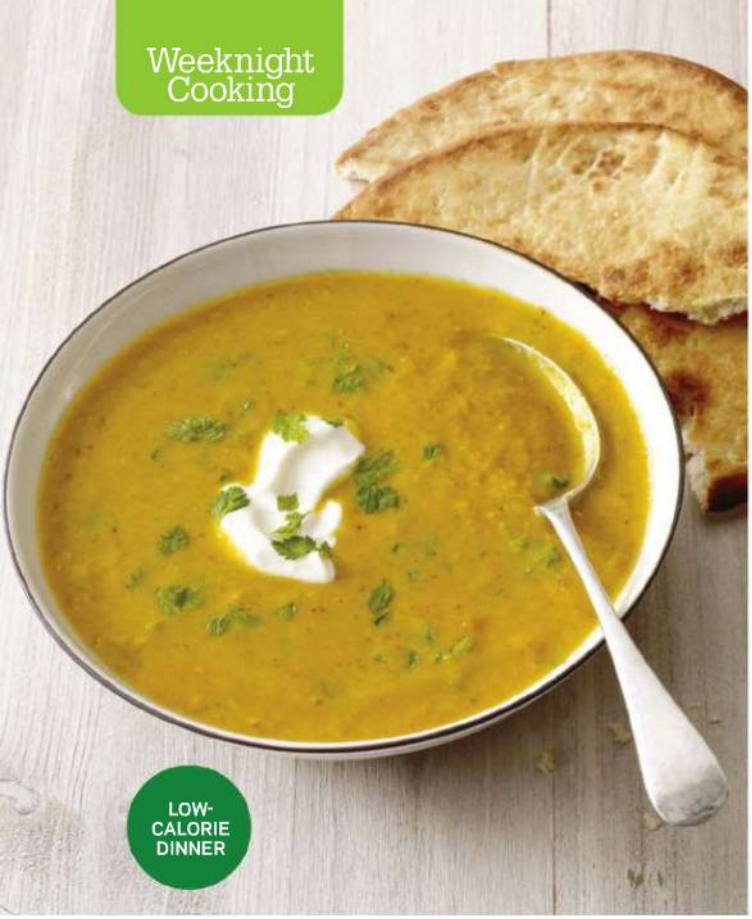

LOW-CALORIE DINNER

SPICY LENTIL SOUP

ACTIVE: 15 min | TOTAL: 35 min | SERVES: 4

- 2 cups red lentils, picked over and rinsed
- 1 serrano chile pepper, chopped (remove seeds for less heat)
- 1 large tomato, roughly chopped
- 1 1½-inch piece ginger, peeled and grated
- 3 cloves garlic, finely chopped
- ¼ teaspoon ground turmeric
- Kosher salt
- ¼ cup roughly chopped fresh cilantro, plus more for topping
- ¼ cup Greek yogurt
- Naan or other flatbread, for serving

1. Combine the lentils and 7 cups warm water in a pot, cover and bring to a boil. Add the chile pepper, tomato, ginger, garlic, turmeric and 2 teaspoons salt. Partially cover and simmer over medium-low heat, stirring frequently, until thickened, 18 to 20 minutes. Stir in the cilantro. Thin the soup with water, if desired, and season with salt.
2. Mix the yogurt with 2 teaspoons water and a pinch of salt in a small bowl. Ladle the soup into bowls and top with the yogurt and more cilantro. Serve with naan.

Per serving: Calories 369; Fat 3 g (Saturated 1 g); Cholesterol 3 mg; Sodium 21 mg; Carbohydrate 59 g; Fiber 15 g; Protein 27 g

PITA PIZZAS

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

You can also make the pizzas on a cast-iron grill pan, then transfer to a 400° oven to melt the cheese.

- 3 medium tomatoes
- 1 tablespoon extra-virgin olive oil, plus more for brushing and drizzling
- Kosher salt and freshly ground pepper
- 3 cups baby arugula
- ½ cup pitted kalamata olives, roughly chopped
- 1 tablespoon fresh rosemary, roughly chopped
- 1 large red onion, cut into 1-inch-thick rounds
- 4 6-to-8-inch pocketless pitas
- ½ cup ricotta cheese
- ¼ pound part-skim mozzarella cheese, diced
- Pinch of red pepper flakes

1. Core the tomatoes and halve them crosswise, then squeeze the juices and seeds into a large bowl. Whisk in 1 tablespoon olive oil and season with salt and pepper. Add the arugula but don't toss; set aside. Dice the tomatoes and toss in a separate bowl with the olives and rosemary.
2. Preheat a grill to medium high. Brush the onion rounds with olive oil and season with salt. Grill until soft, 3 to 4 minutes per side. Transfer to a plate and separate the rings. Reduce the grill heat to medium.
3. Brush both sides of the pitas with olive oil and grill until marked, 2 to 3 minutes per side. Top with some of the tomato-olive mixture, ricotta, mozzarella and onion. Cover and grill until the cheese melts, 2 to 3 minutes.
4. Toss the arugula with the dressing and pile on top of the pitas. Season with salt and the red pepper flakes and drizzle with olive oil.

Per serving: Calories 564; Fat 35 g (Saturated 9 g); Cholesterol 31 mg; Sodium 798 mg; Carbohydrate 46 g; Fiber 3 g; Protein 18 g

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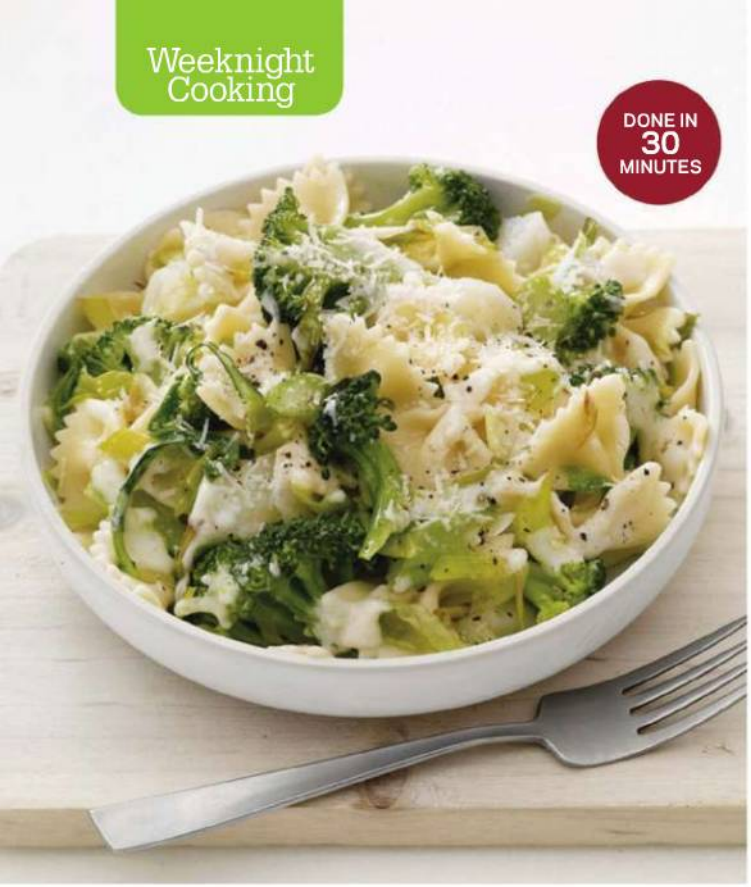

BOW-TIE PASTA WITH BROCCOLI AND POTATOES

ACTIVE: 20 min | TOTAL: 30 min | SERVES: 4

Kosher salt
2 medium potatoes, peeled and cut into 1-inch pieces
1 large bunch broccoli, florets and some chopped stems
12 ounces bow-tie pasta
4 tablespoons unsalted butter
2 leeks, white and light green parts only, sliced into half-moons
Freshly ground pepper
1 head Boston lettuce, torn
1½ cups grated fontina cheese (about 4 ounces)
½ cup grated parmesan cheese (about 1 ounce), plus more for topping

1. Bring a large pot of salted water to a boil. Add the potatoes and cook 10 minutes, then add the broccoli and pasta and cook as the pasta label directs.
2. Meanwhile, melt the butter in a large skillet over medium heat. Add the leeks, 1½ teaspoons salt, and pepper to taste. Cook until soft, about 7 minutes.
3. Put the lettuce in a colander. Reserve 1 cup cooking water, then drain the pasta, broccoli and potatoes over the lettuce to wilt it. Return the pasta and vegetables to the pot.
4. Add the leeks to the pot and stir in enough of the reserved cooking water to moisten. Stir in the cheeses and season with salt and pepper. Top with more parmesan.

Per serving: Calories 735; Fat 27 g (Saturated 17 g); Cholesterol 83 mg; Sodium 1,451 mg; Carbohydrate 96 g; Fiber 9 g; Protein 29 g

RATATOUILLE SOUP

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

3 tablespoons extra-virgin olive oil, plus more for brushing
1 large onion, diced
4 cloves garlic, smashed
3 to 4 teaspoons herbes de Provence
Kosher salt
1 small Japanese eggplant, diced
1 small zucchini, diced
1 yellow bell pepper, diced
1 28-ounce can whole San Marzano tomatoes, crushed
2 cups low-sodium chicken or vegetable broth
Large handful of fresh basil leaves, torn
8 thick slices baguette
1 cup coarsely grated gruyère or Swiss cheese
Freshly ground pepper

1. Heat the olive oil in a large pot over medium-high heat. Add the onion and garlic and cook until soft, about 3 minutes. Add 1 to 2 teaspoons herbes de Provence and 1 teaspoon salt. Add the eggplant, zucchini and bell pepper and cook, stirring, 5 minutes. Add the tomatoes and their juices, the broth and half of the basil. Bring to a boil, then reduce the heat and simmer 20 minutes.
2. Preheat the broiler. Brush the bread with olive oil; sprinkle with the remaining 2 teaspoons herbes de Provence and salt to taste. Broil until lightly toasted. Top with the cheese, then broil until melted.
3. Puree about half of the soup in a blender, then return to the pot. Season with salt and pepper. Ladle the soup into bowls and top with the cheese toasts and the remaining basil.

Per serving: Calories 442; Fat 21 g (Saturated 7 g); Cholesterol 42 mg; Sodium 1,073 mg; Carbohydrate 44 g; Fiber 6 g; Protein 18 g

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Serves 4 | Prep time: 10 min. | Total time: 10 min.

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Ingredients

1 can (15.5 oz.) GOYA® Low Sodium Chick Peas, drained
1 bag (6 oz.) baby spinach
1/2 medium red onion, finely chopped (about 1/2 cup)
1 tbsp. balsamic vinegar
3 tbsp. GOYA® Extra Virgin Olive Oil
GOYA® Adobo with Pepper, to taste

Directions

1. In a large bowl, toss together chick peas, spinach, and onions.
2. Pour vinegar into a small bowl. Using a whisk, slowly drizzle in oil, whisking constantly, until combined. Season with Adobo. Pour dressing over salad. Toss well to coat. Divide salad evenly among serving bowls.

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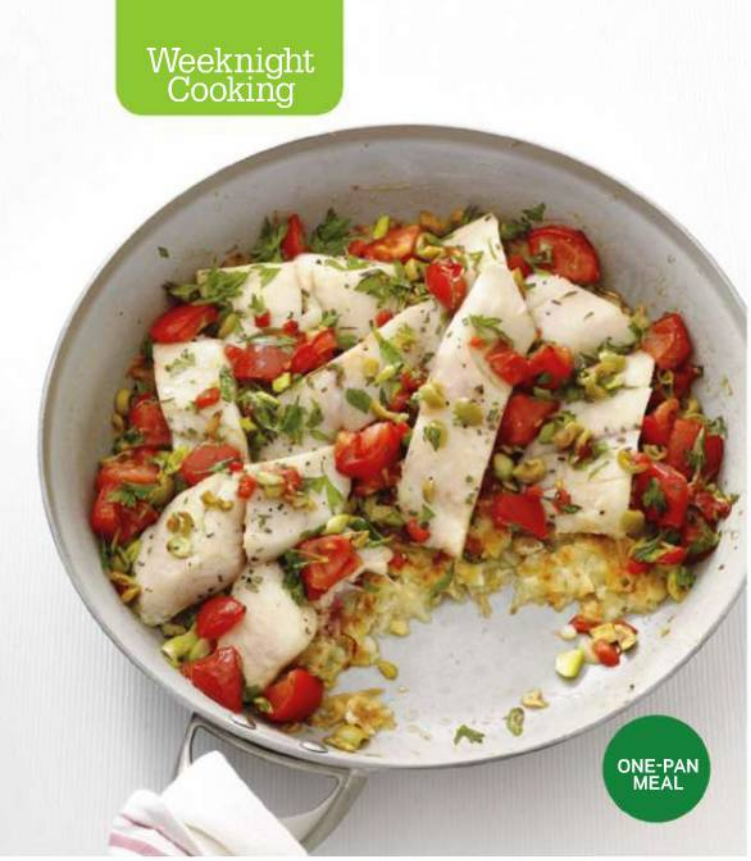


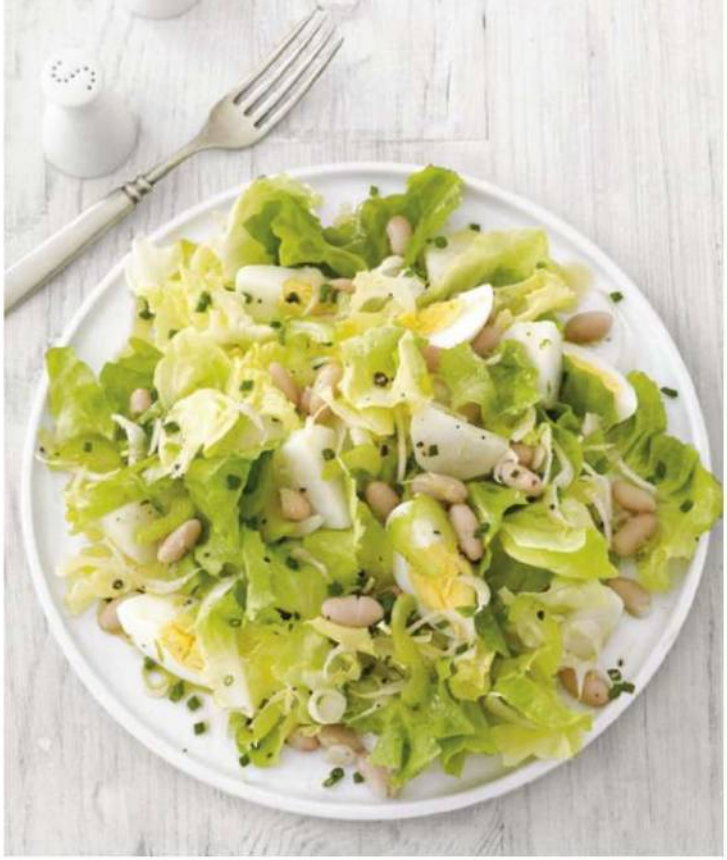
TILAPIA WITH HASH BROWNS

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

- 1 20-ounce bag frozen shredded hash browns, thawed
- 4 cloves garlic, smashed and thinly sliced
- Kosher salt
- 5 tablespoons extra-virgin olive oil, plus more for drizzling
- ½ cup pitted Spanish green olives, roughly chopped
- ¾ pound tomatoes, cut into 1-inch pieces
- ¼ cup diced roasted red peppers
- 3 scallions, white and light green parts only, chopped
- 2 tablespoons chopped fresh parsley
- 1½ pounds skinless tilapia fillets
- 1 teaspoon herbes de Provence or dried rosemary
- Freshly ground pepper

1. Preheat the oven to 425°. Toss the hash browns with the garlic and 1 teaspoon salt in a bowl. Heat 2 tablespoons olive oil in a large nonstick ovenproof skillet over medium heat. Add the hash browns, flatten with a spatula and cook until the bottom is golden brown, 6 to 8 minutes. Drizzle with 2 tablespoons olive oil. Flip the potato cake and pat it back into shape. Cook until crisp and golden, 6 to 8 minutes.
2. Meanwhile, mix the olives, tomatoes, roasted peppers, scallions and parsley in a bowl. Cut the fish into 12 pieces and season with the dried herbs, salt and pepper.
3. Scatter half of the olive mixture over the potato cake and top with the fish. Scatter the remaining olive mixture on top and drizzle with the remaining 1 tablespoon olive oil. Transfer the skillet to the oven and bake until the fish is cooked through, about 12 minutes. Drizzle with olive oil and season with salt. Serve from the skillet.

Per serving: Calories 443; Fat 19 g (Saturated 3 g); Cholesterol 85 mg; Sodium 937 mg; Carbohydrate 32 g; Fiber 4 g; Protein 37 g



EGG-AND-BEAN DINNER SALAD

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 4

- 6 large eggs
- 1 to 2 bunches baby turnips, trimmed and quartered, or 4 medium turnips, cut into 1-inch pieces
- 3 tablespoons unsalted butter
- 2 tablespoons chopped fresh tarragon
- 2 tablespoons chopped fresh chives
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 heads endive, chopped
- 2 heads Bibb lettuce, torn
- ½ head escarole or frisée, torn
- 2 stalks celery, chopped
- 1 14-ounce can cannellini beans, drained and rinsed
- Kosher salt and freshly ground pepper

1. Put the eggs and turnips in a saucepan, cover with water and bring to a boil. Remove from the heat and let stand, covered, 10 minutes. Remove the eggs but keep the turnips in the hot water, covered, until tender, 2 to 3 more minutes. Peel the eggs and cut into quarters.
2. Drain the turnips, then return to the warm pan and toss with the butter (turn on the heat to melt the butter if needed). Add the tarragon, chives, olive oil and lemon juice and toss.
3. Toss the endive, lettuce, escarole, celery and beans in a large bowl and season with salt and pepper. Add the eggs and turnip mixture and gently toss again.

Per serving: Calories 399; Fat 27 g (Saturated 9 g); Cholesterol 345 mg; Sodium 222 mg; Carbohydrate 26 g; Fiber 9 g; Protein 16 g

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TRIPLE GRILLED CHEESE WITH TOMATO SOUP

ACTIVE: 25 min | TOTAL: 40 min | SERVES: 4

¼ cup extra-virgin olive oil
1 medium onion, finely chopped
1 clove garlic, chopped
1 small inner stalk celery, chopped
2 pounds tomatoes, chopped
½ teaspoon sugar
Kosher salt and freshly ground pepper
1 cup shredded muenster cheese (about 4 ounces)
1 cup shredded part-skim mozzarella cheese (about 4 ounces)
½ cup grated parmesan cheese (about 1 ounce)
8 slices thick sandwich bread
2 to 3 tablespoons unsalted butter, softened

1. Combine the olive oil, onion, garlic, celery, tomatoes, sugar and 1 teaspoon salt in a saucepan. Cook over medium heat, stirring occasionally, until the vegetables are tender, about 25 minutes. Puree until smooth with an immersion blender, or transfer to a regular blender in batches and puree. Season with salt and pepper and keep warm; add water to thin the soup, if desired.
2. Meanwhile, combine all three cheeses in a bowl. Divide evenly among 4 bread slices and top with the remaining bread. Heat 1 tablespoon butter in a large skillet over medium heat. Cook the sandwiches in batches, adding the remaining 1 to 2 tablespoons butter as needed, until the cheese melts and the bread is golden, 3 to 4 minutes per side. Serve the sandwiches with the soup.

Per serving: **Calories** 682; **Fat** 39 g (**Saturated** 16 g); **Cholesterol** 66 mg; **Sodium** 1,373 mg; **Carbohydrate** 56 g; **Fiber** 6 g; **Protein** 26 g

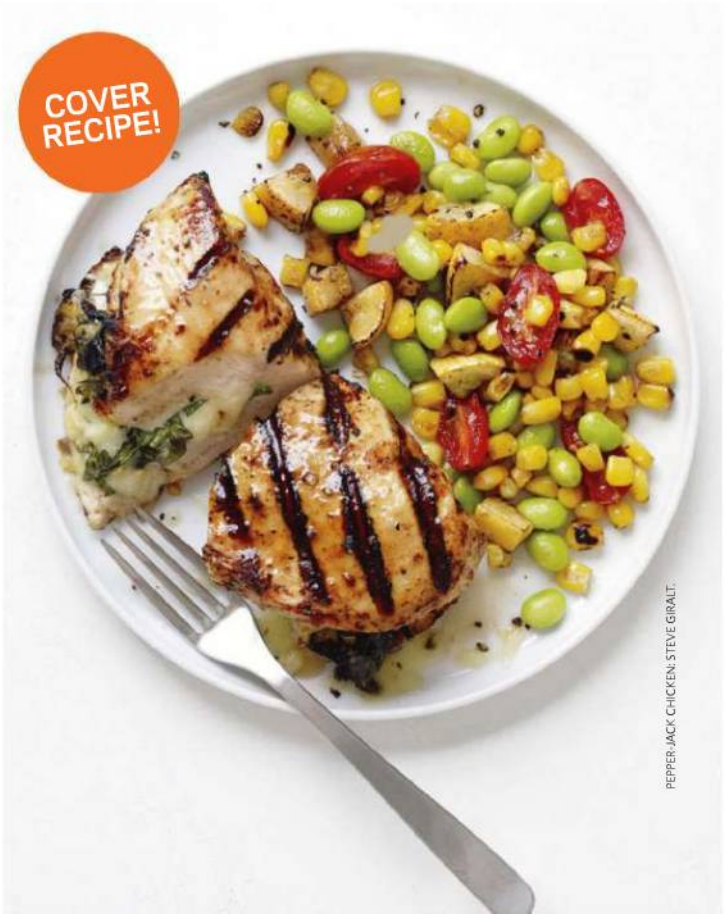
PEPPER-JACK CHICKEN WITH SUCCOTASH

ACTIVE: 30 min | TOTAL: 40 min | SERVES: 4

4 ounces pepper-jack cheese, shredded
2 cups baby arugula, roughly chopped
2 large skinless, boneless chicken breasts (12 ounces each)
1 tablespoon olive oil, plus more for brushing
Kosher salt
1½ to 2 tablespoons Cajun spice blend
Vegetable oil, for the grill
1 cup frozen lima beans, thawed
1 medium yellow summer squash, diced
2 cups corn kernels
1 cup grape tomatoes, halved
Juice of 1 lime

1. Combine the cheese and arugula in a bowl. Cut a deep 2-inch-wide pocket in the thickest part of each chicken breast with a paring knife. Stuff with the arugula mixture. Brush with olive oil and season with salt and the Cajun spice blend.
2. Preheat a grill to high and brush the grates with vegetable oil. Grill the chicken until blackened and a thermometer inserted into the thickest part registers 155°, 8 to 10 minutes per side. Transfer to a cutting board.
3. Meanwhile, heat 1 tablespoon olive oil in a skillet over high heat. Add the lima beans, squash and corn, season with salt and cook until the squash is just tender, 2 to 3 minutes. Add the tomatoes and cook 2 more minutes. Remove from the heat and stir in the lime juice. Slice the chicken and serve with the succotash.

Per serving: **Calories** 462; **Fat** 16 g (**Saturated** 6 g); **Cholesterol** 120 mg; **Sodium** 1,018 mg; **Carbohydrate** 30 g; **Fiber** 7 g; **Protein** 48 g



PEPPER-JACK CHICKEN: STEVE GIRALT.

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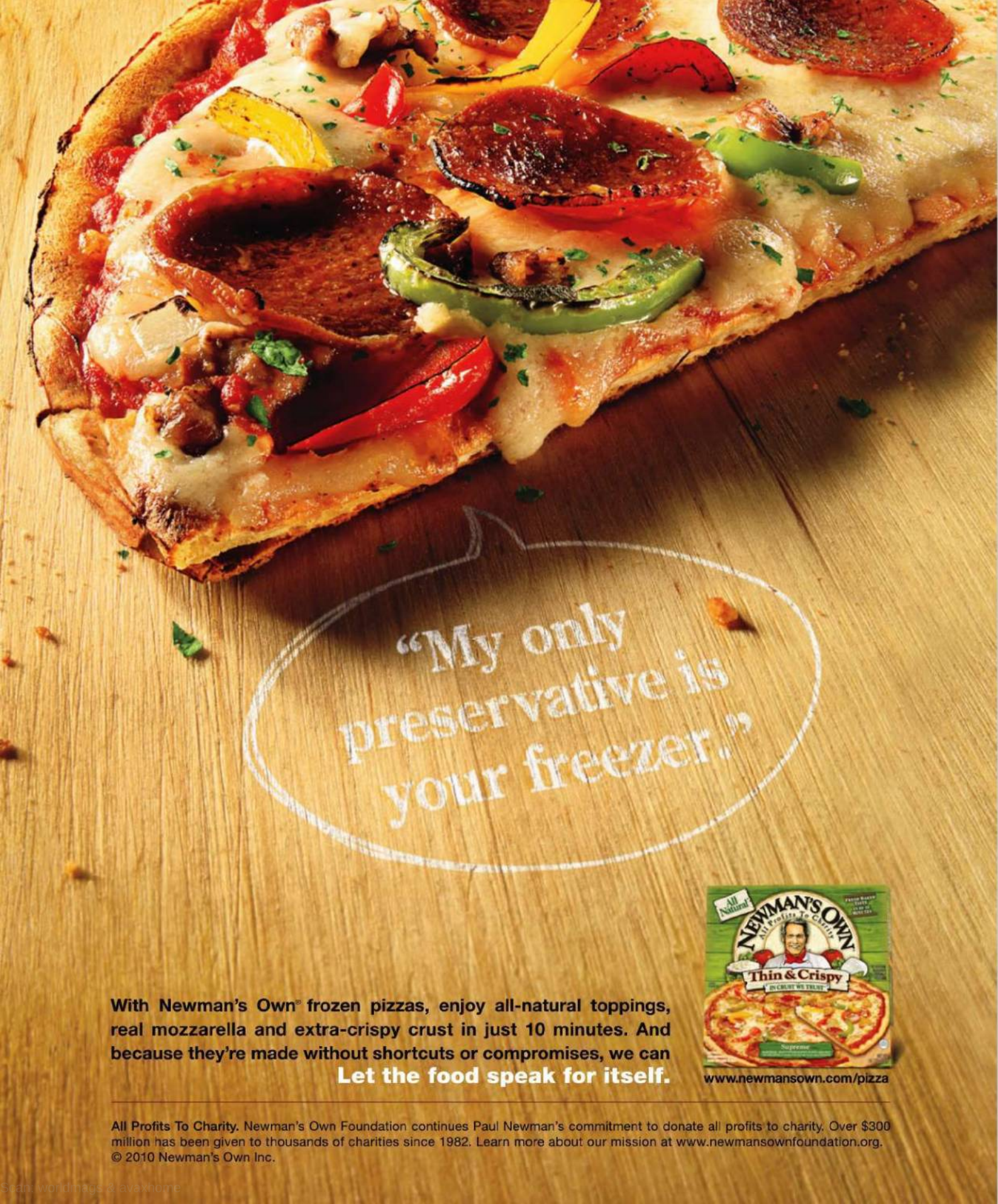

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PORK WITH PLUM SAUCE

ACTIVE: 25 min | TOTAL: 35 min | SERVES: 4

- 1 cup dry red wine
- 2 teaspoons grated peeled ginger
- ¼ cup instant flour (such as Wondra) or cornstarch
- Kosher salt
- 4 ½-inch-thick boneless pork loin chops, trimmed
- 1 orange
- ¼ cup rice vinegar
- ⅓ cup honey
- 8 large sprigs fresh mint
- 2 large plums, cut into ½-inch pieces
- 2 tablespoons unsalted butter (optional)
- Peanut oil, for frying

1. Whisk 1 tablespoon wine, the ginger and 2 tablespoons ice water in a large bowl. Whisk in the flour and 1 teaspoon salt. Add the pork, turning to coat; refrigerate while you prepare the sauce.
2. Remove the zest from the orange in wide strips using a vegetable peeler. Put the zest in a skillet and squeeze in the juice. Whisk in the vinegar, honey and the remaining ¾ cup plus 3 tablespoons wine. Add the mint and cook over medium-high heat until syrupy, 10 to 15 minutes. Add the plums and cook until slightly soft, about 4 minutes. Remove from the heat and discard the mint. Swirl in the butter, if desired, and season with salt.
3. Heat ¼ inch peanut oil in a large nonstick skillet over medium-high heat. Fry the pork until golden and crisp, 4 to 5 minutes per side. Transfer to a paper towel–lined plate to drain. Season with salt and serve with the plum sauce.

Per serving: Calories 503; Fat 29 g (Saturated 8 g); Cholesterol 90 mg; Sodium 88 mg; Carbohydrate 39 g; Fiber 1 g; Protein 28 g

SAUSAGE AND CLAMS WITH POLENTA

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

- 1 cup instant polenta
- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic, sliced
- 1 bunch broccoli rabe, florets chopped, or ½ head escarole, chopped
- Kosher salt and freshly ground pepper
- ¾ pound hot or sweet Italian sausages, cut into chunks
- 1 pint grape tomatoes, halved
- ¾ cup dry white wine
- 16 littleneck clams, scrubbed
- Chopped fresh parsley, for topping (optional)

1. Cook the polenta as the label directs; keep warm.
2. Meanwhile, heat the olive oil in a large pot over medium heat. Add the garlic and broccoli rabe, season with salt and pepper and cook until the broccoli rabe is slightly tender, about 6 minutes. Transfer to a plate. Add the sausage to the pot and cook until just brown, breaking it up with a spoon, about 5 minutes. Add the tomatoes and cook until soft, about 2 minutes. Add the wine, bring to a boil and cook 3 minutes.
3. Add the clams; cover and cook over medium-high heat until the clams open, 5 to 7 minutes (discard any that do not open). Return the broccoli rabe to the pot and season with salt and pepper. Divide the polenta among bowls and top with the sausage-clam mixture and cooking liquid. Sprinkle with parsley, if desired.

Per serving: Calories 468; Fat 15 g (Saturated 4 g); Cholesterol 45 mg; Sodium 676 mg; Carbohydrate 49 g; Fiber 5 g; Protein 30 g

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CORN-MUSHROOM RISOTTO

ACTIVE: 40 min | TOTAL: 40 min | SERVES: 4

- 5 ounces bacon, diced
- 3 ears corn, husked
- 6 ounces shiitake mushrooms
- Kosher salt and freshly ground pepper
- 3 tablespoons unsalted butter
- 2 medium shallots, chopped
- 1¼ cups arborio rice
- 1 cup dry white wine
- ½ to ¾ cup grated parmesan cheese, plus more for topping
- 2 tablespoons chopped fresh chives

1. Cook the bacon in large saucepan until crisp. Remove with a slotted spoon and drain on paper towels. Meanwhile, cut the corn from the cobs and set aside. Snap the cobs in half and put in a pot with 7 cups water; bring to a low simmer. Stem and slice the mushrooms.
2. Cook the mushrooms in the pan with the bacon drippings over medium-high heat until slightly crisp, about 3 minutes. Season with salt and pepper and transfer to a plate. Add the butter and shallots to the pan, season with salt and pepper and cook until soft, about 2 minutes. Add the rice and cook, stirring, 1 minute. Stir in the wine until absorbed, then add 1 teaspoon salt and the corn kernels.
3. Ladle in ½ cup of the hot corn broth, stirring until absorbed. Continue adding broth in ½-cup increments, allowing it to be absorbed before adding more, until the rice is just tender, about 20 minutes. Stir in the cheese, chives and some of the mushrooms and bacon. Season with salt and pepper. Serve topped with the remaining bacon and mushrooms and more cheese.

Per serving: Calories 627; Fat 32 g (Saturated 14 g); Cholesterol 68 mg; Sodium 531 mg; Carbohydrate 64 g; Fiber 3 g; Protein 17 g

CHILE RELLENO BURGERS

ACTIVE: 25 min | TOTAL: 35 min | SERVES: 4

- 2 large poblano peppers, halved lengthwise and seeded
- 2 plum tomatoes or 1 large tomato, cored and halved
- 1 small onion, quartered
- 3 cloves garlic, unpeeled
- Kosher salt
- 4 hamburger buns, split open
- 1 large egg white, lightly beaten
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- 1½ pounds ground beef chuck
- 6 slices muenster cheese

1. Preheat the broiler. Put the poblanos cut-side down on a foil-lined broiler pan. Add the tomatoes, onion and garlic and broil until charred, 7 to 8 minutes. Cool slightly, then peel the garlic. Chop the garlic, onion and tomatoes; toss in a bowl with salt to taste. Peel the poblanos and cut each in half.
2. Preheat the oven to 350°. Brush the bun tops with the egg white. Mix the oregano, cumin and chili powder, sprinkle on the bun tops and put the tops and bottoms on a baking sheet. Bake 5 minutes.
3. Heat a large cast-iron skillet over medium-high heat. Shape the beef into four ¾-inch-thick patties; make an indentation in the centers. Sprinkle the skillet with salt, then cook the burgers until browned on the bottom, about 4 minutes. Flip, then top each burger with some of the tomato mixture and cheese. Cover and cook 3 to 5 minutes. Serve on the spiced buns with the poblanos and the remaining tomato mixture.

Per serving: Calories 571; Fat 32 g (Saturated 14 g); Cholesterol 124 mg; Sodium 999 mg; Carbohydrate 30 g; Fiber 3 g; Protein 40 g

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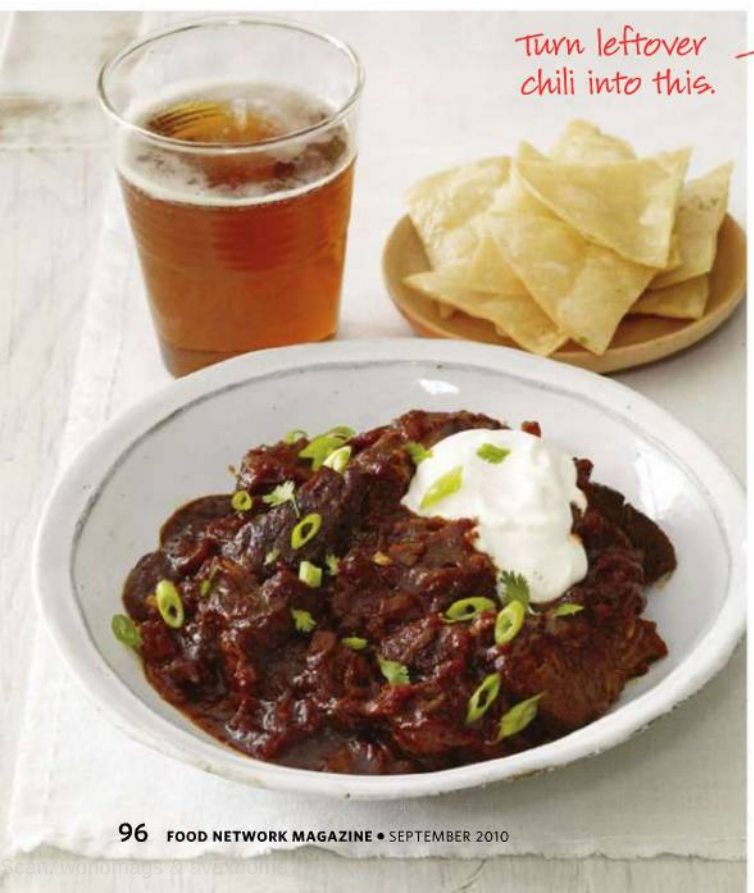
SLOW-COOKER TEXAS CHILI

ACTIVE: 30 min | TOTAL: 30 min (plus 7-hr slow cooking) | SERVES: 4 (with leftovers for Chili-Corn Casserole)

- 2½ pounds beef chuck, cut into 2-inch cubes
- 2 tablespoons packed light brown sugar
- Kosher salt
- 2 tablespoons vegetable oil
- 1 small onion, finely chopped
- 5 cloves garlic, smashed
- 2 4.5-ounce cans chopped green chiles, drained
- 1 tablespoon ground cumin
- ¾ cup chili powder
- 1 14-ounce can diced tomatoes with chiles
- 1 to 2 tablespoons green hot sauce
- Sliced scallions, fresh cilantro and/or sour cream, for topping
- Tortilla chips, for serving (optional)

1. Toss the beef with 1 tablespoon each brown sugar and salt in a large bowl. Heat the vegetable oil in a large skillet over medium-high heat. Cook the beef in batches until browned on all sides, 4 to 5 minutes (do not crowd the pan). Transfer to a 5-to-6-quart slow cooker.
2. Reduce the heat to medium, add the onion to the skillet and cook until soft, about 5 minutes. Stir in the garlic, chiles, cumin and chili powder and cook 3 minutes. Add 1½ cups water and the tomatoes and simmer, scraping up the browned bits from the bottom, about 3 minutes. Transfer to the slow cooker, cover and cook on low, 7 hours.
3. Add the remaining 1 tablespoon brown sugar and the hot sauce to the chili. Serve with scallions, cilantro and/or sour cream for topping, and chips, if desired. Reserve 3 to 4 cups for Chili-Corn Casserole (at right).

Per serving: Calories 482; Fat 29 g (Saturated 11 g); Cholesterol 117 mg; Sodium 1,227 mg; Carbohydrate 11 g; Fiber 0 g; Protein 36 g



CHILI-CORN CASSEROLE

ACTIVE: 15 min | TOTAL: 40 min | SERVES: 4

- 2 tablespoons unsalted butter
- 4 ears corn, kernels cut off
- Kosher salt
- 6 scallions, chopped
- 3 to 4 cups leftover chili (at left)
- 1½ cups shredded pepper jack or monterey jack cheese (about 6 ounces)
- 1 18-ounce tube precooked polenta, cut into 12 rounds

1. Preheat the oven to 450°. Melt the butter in a skillet over medium-high heat. Add the corn and ½ teaspoon salt and cook until tender, 5 to 6 minutes. Add the scallions and cook until soft, about 1 minute.
2. Spread the chili in an 8-inch-square baking dish. Top with half of the cheese followed by half of the corn mixture. Lay the polenta rounds on top, then sprinkle with the remaining corn and cheese.
3. Bake until the casserole is heated through and the top is golden, about 20 minutes. Let stand 5 to 10 minutes before serving.

Per serving: Calories 634; Fat 34 g (Saturated 16 g); Cholesterol 119 mg; Sodium 1,588 mg; Carbohydrate 48 g; Fiber 4 g; Protein 32 g

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BACON-CHEDDAR MASHED POTATOES

Simmer 2 pounds small **potatoes** in salted water until tender, about 20 minutes; drain. Cool slightly, then peel. Heat 1 cup **milk** with ½ stick **butter.** Mash the potatoes with the hot milk and stir in 1 cup shredded **cheddar.** Top with crumbled cooked **bacon** and sliced **scallions.**

HOISIN EGGPLANT

Halve 3 **Japanese eggplants** lengthwise; brush all over with **olive oil** and season with **salt.** Grill 5 to 7 minutes per side, brushing with a mixture of ½ cup **hoisin sauce,** 1 tablespoon **rice vinegar** and 1 to 2 teaspoons **hot chili sauce.** Top with chopped **cilantro** and sliced **scallions.**

6 EASY SIDES

BEETS WITH CHIVE CREAM

Boil 6 to 8 **beets** in salted water until tender, about 35 minutes. Drain and cool slightly, then rub off the skins. Quarter and toss with 2 tablespoons **olive oil,** and **salt** and **pepper.** Serve with **Greek yogurt** mixed with chopped **chives** and salt.

BLT TOMATOES

Hollow out 4 **tomatoes.** Season with **salt** and **pepper** and invert to drain. Cook 2 **bacon slices** with 1 **garlic clove;** chop, then toss with ½ cup chopped **lettuce,** ½ cup chopped stale **bread cubes,** 2 tablespoons **mayonnaise** and salt and pepper. Stuff into the tomatoes, then brush with the bacon drippings. Bake 20 to 30 minutes at 425°.

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RICE-PASTA PILAF

Toast ½ cup broken **spaghetti** in a pot over medium-high heat with 2 tablespoons **butter.** Stir in 1 cup **rice;** add 2 cups **chicken broth,** 1 cup water, 2 **garlic cloves** and 1 teaspoon **salt.** Boil 3 minutes, then stir, cover and simmer 15 minutes. Let sit 5 minutes; fluff with a fork and smash the garlic. Stir in some butter and **cilantro.**

GARLIC-SESAME SPINACH

Cook 8 to 10 **garlic cloves** and a pinch of **red pepper flakes** in a skillet with **vegetable oil** until the garlic is golden. Add 10 cups **baby spinach** and cook until wilted; add a big splash of water and some **salt.** Top with toasted **sesame seeds** and drizzle with **sesame oil.**

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Hot Tips

from Food Network Kitchens' **Katherine Alford:**

Save those broccoli stems.

Instead of throwing out your broccoli stems, chop them up and add them to a dish like our pasta on page 86. The stems have great flavor and texture; they're perfect in a slaw or simply roasted. Peel off the outer layer if it's too tough.

Get more corn for your buck.

Don't miss out on all the flavor left on the cob after you slice off corn kernels. I like to run the back of my knife over the cobs, then add those milky juices right to a dish. In the risotto on page 94, we simmered the cobs in water to make a corn broth—it made the rice extra flavorful.

Make a better melt.

When you're making a grilled cheese sandwich, use shredded cheese instead of sliced. It melts evenly, plus you can toss a few kinds of cheese together. In the sandwich on page 90, we combined mozzarella, muenster and parmesan.

Spice up your bun.

One of our recipe developers, Bob Hoebee, came up with a fun way to change the flavor of your burger without messing with the meat: Brush the bun top with beaten egg white, sprinkle it with spices, herbs or seeds and then bake it. Try our Mexican bun on page 94.

Swap pasta for polenta.

Soft polenta is the perfect base for saucy dishes like the sausage and clams on page 92. And once the polenta cools and firms up, you can slice it and do almost anything to it—grill it, broil it, bake it or use it in our casserole on page 96.

GRILLED CHEESE: ANTONIS ACHILLEOS; FOOD STYLING: JAMIE KIMM; PROP STYLING: MARINA MALCHIN. CORN COB AND POLENTA: MARKO METZINGER/STUDIO D. BROCCOLI: DORLING KINDERSLEY/GETTY IMAGES. POLAROIDS: ISTOCKPHOTO.

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Mix & Match Crumbles

Design your dream dessert:
This easy recipe leads to dozens of possibilities.

PHOTOGRAPHS BY **LEVI BROWN**

Apple-Raspberry Crumble with Oat-Walnut Topping

FOOD STYLING: STEPHANA BOTTOM.

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1 PREP

Preheat the oven to 375°. Butter a 2-quart shallow baking dish or eight 6-ounce ramekins.

2 PICK A NUT

Chop ¾ cup of any of these nuts, shelled:

walnuts

almonds

pistachios

pecans

hazelnuts

3 CHOOSE A GRAIN

Put ½ cup rolled oats or cornmeal in a bowl. Add ¾ cup flour, ½ cup light brown sugar and a pinch of salt and whisk.

4 MIX THE CRUMBLE

Add the nuts to the bowl. Work in 7 tablespoons softened butter with your fingers until evenly moistened; set aside.

5 MAKE A FILLING

Apple-Raspberry
Peel 3 pounds baking apples (such as Macoun or Cortland); cut into ¾-inch chunks. Toss with 2 cups raspberries, 3 tablespoons granulated sugar, 2 tablespoons flour, 1 teaspoon vanilla and a pinch each of nutmeg, cinnamon and salt.

Plum-Nectarine-Blackberry
Halve and pit 4 nectarines and 2 plums (no need to peel); slice ½ inch thick. Toss with 2 cups blackberries, ½ cup granulated sugar and 1 tablespoon flour.

Pear-Pineapple
Peel 3 pounds baking pears (such as Bartlett); cut into ¾-inch chunks. Combine with 3 cups pineapple chunks, ⅔ cup granulated sugar, ½ teaspoon ground ginger and ¼ teaspoon each salt and cinnamon in a skillet; cover and cook over medium heat, stirring, 12 minutes. Stir in 2 tablespoons flour; cook 1 more minute.

Blueberry
Toss 4 cups blueberries, ⅓ cup granulated sugar, 1 tablespoon flour and 1 teaspoon lemon juice in a bowl. (If you are using ramekins, double the blueberry filling.)

Quince-Grape
Peel 3 pounds quinces; cut into 1-inch chunks. Toss with ½ cup granulated sugar, ⅓ cup water and a pinch of salt in a skillet; cover and cook over medium heat, stirring occasionally until tender, 15 to 20 minutes. Stir in 1 pound seedless red grapes and 1 tablespoon flour.

6 BAKE

Transfer the filling to the prepared dish or ramekins and dot with 2 tablespoons cut-up cold butter. Squeeze handfuls of the crumble mixture and scatter on top of the fruit. Bake until golden and bubbly, 40 to 45 minutes. Let sit 10 minutes before serving. Top with whipped cream or ice cream, if desired.

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Plum-Nectarine-Blackberry Crumbles with Cornmeal-Pistachio Topping

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Blueberry Crumble with Cornmeal-Almond Topping

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*In every half cup of sauce. ©2010 Unilever

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Weekend Cooking

Cook up a **party for friends** with Food Network Kitchens' new menus. Then, try your hand at homemade jam.

PHOTOGRAPHS BY **CON POULOS**

Top off a dinner party with this simple plum tart. See page 109.

FOOD STYLING: JAMIE KIMM; PROP STYLING: MARINA MALCHIN.

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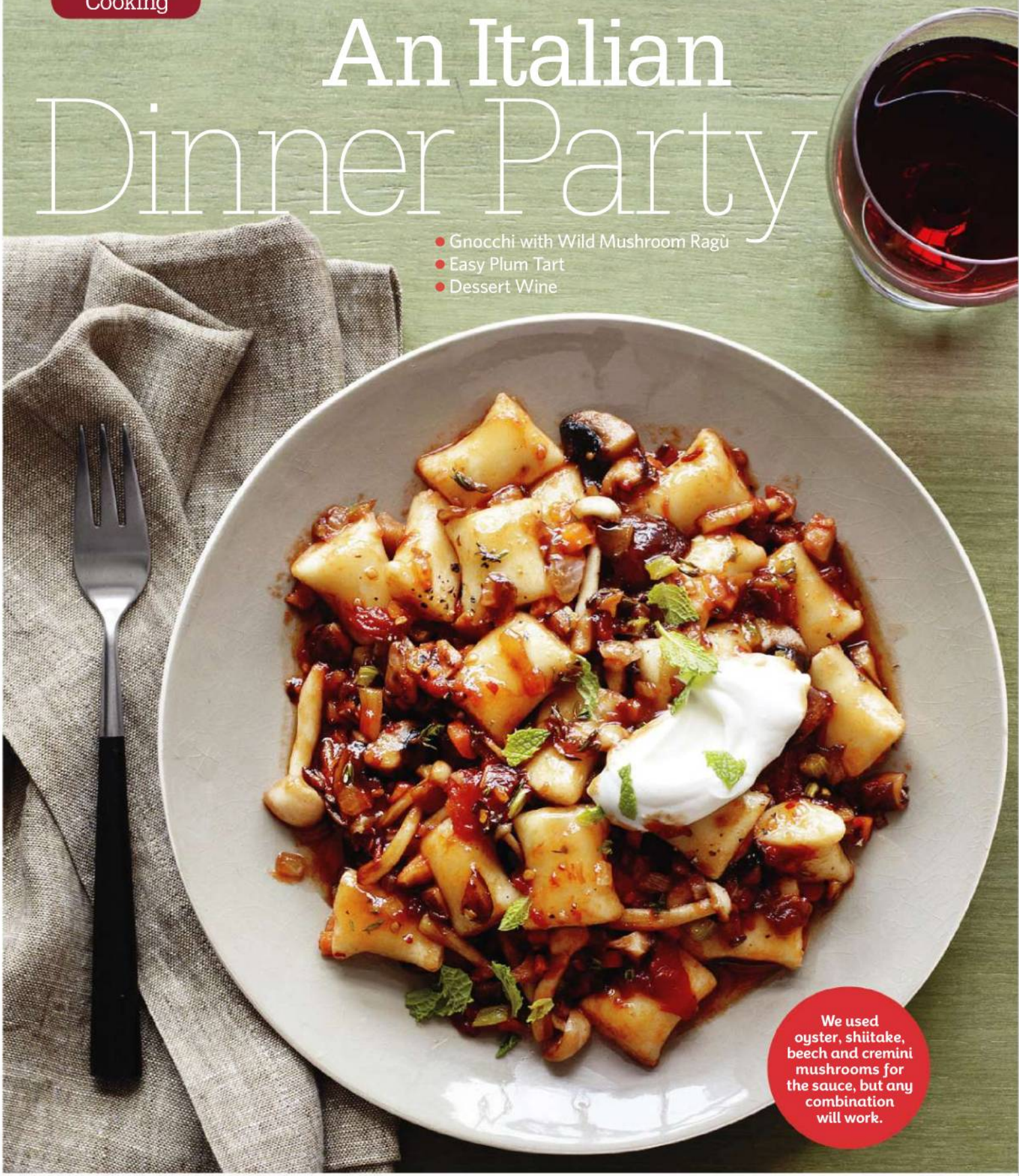
An Italian Dinner Party

- Gnocchi with Wild Mushroom Ragù
- Easy Plum Tart
- Dessert Wine



We used oyster, shiitake, beech and cremini mushrooms for the sauce, but any combination will work.

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GNOCCHI WITH WILD MUSHROOM RAGÙ

ACTIVE: 1 hr 15 min | TOTAL: 1 hr 15 min
SERVES: 6

- ⅓ cup extra-virgin olive oil
- ½ large onion, diced
- 2 small carrots, diced
- 1 stalk celery, diced
- 2 pounds wild mushrooms, stemmed and diced if large
- Kosher salt and freshly ground pepper
- ¼ pound cremini mushrooms, stemmed and quartered
- 2 tablespoons tomato paste
- 1 cup dry white wine
- 1 cup canned whole San Marzano tomatoes
- 2 bay leaves
- ½ teaspoon ground coriander
- ½ teaspoon ground fennel seeds
- Pinch of red pepper flakes
- 1 tablespoon fresh thyme
- 1½ pounds fresh gnocchi (see right)
- Mascarpone and/or fresh mint, for topping

1. Heat half of the olive oil in a large pot over medium-high heat. Add the onion, carrots and celery and cook until soft, about 5 minutes. Add half of the wild mushrooms and cook until golden, 3 to 5 minutes. Season with salt and pepper, then push to the edges of the pot. Add the remaining olive oil and wild mushrooms and cook 3 to 5 more minutes. Add the cremini mushrooms and cook 1 more minute. Season with salt and pepper.
2. Add the tomato paste and cook, stirring with a wooden spoon, about 2 minutes. Add the wine; cook, scraping up any browned bits, about 2 more minutes. Add the tomatoes, 2 cups water, the bay leaves, coriander, fennel, red pepper flakes, thyme, ½ teaspoon salt, and pepper to taste. Simmer over medium heat, about 30 minutes (thin with water if needed). Season with salt and pepper.
3. Bring a large pot of salted water to a boil. Add the gnocchi, stir and cook for 1 minute after they float, about 3 minutes total. Transfer with a slotted spoon to the pot with the sauce and gently stir over low heat. Serve topped with mascarpone and/or mint.

HOW TO Make Gnocchi

- 4 large russet potatoes, fork-pricked
- 1 large egg, beaten
- 2 tablespoons freshly grated parmesan cheese
- 2 tablespoons unsalted butter, softened
- Fine sea salt and freshly ground pepper
- 1 cup plus 2 tablespoons all-purpose flour, plus more for dusting

1

Bake the potatoes at 425° until tender, about 1 hour. Cool slightly, then halve and scoop the flesh into a ricer or food mill; press into a bowl. (You can also mash well with a fork.)

2

Add the egg, cheese, butter, 1 teaspoon salt, and pepper to taste; stir with a fork until combined. Add the flour and stir to make a rough dough, then mix by hand until smooth. Add more flour if it's sticky.

3

Gather the dough into a ball on a floured surface and divide into 8 pieces. Roll each piece into a 12-inch-long, ½-inch-thick log with your hands.

4

Cut the logs into 1-inch pieces. Freeze on floured baking sheets until ready to cook. (Once frozen, store up to 1 month in a sealed container.)

EASY PLUM TART

ACTIVE: 55 min | TOTAL: 55 min | SERVES: 6 to 8

- 1 sheet frozen puff pastry (half of a 17.3-ounce package), thawed
- All-purpose flour, for dusting
- ¼ cup almonds, chopped
- ¾ cup sugar, plus more for sprinkling
- Juice of ½ lemon
- 2 pounds large plums, halved and pitted
- 6 tablespoons unsalted butter, diced
- 1 vanilla bean, split lengthwise and seeds scraped out
- Vanilla ice cream, for serving

1. Preheat the oven to 400°. Lay the pastry on a floured surface and cut in half. Sprinkle one piece with the almonds and some sugar; lay the other piece on top. Press together with a rolling pin to make a 6-by-14-inch rectangle. Score a 1-inch border with a knife. Pierce the middle with a fork and make small slits with a knife. Transfer to a baking sheet lined with parchment paper, brush with water and bake until golden, 20 to 25 minutes. Cool on a rack.
2. Stir ¾ cup sugar, 2 tablespoons water and the lemon juice in a heavy pan. Cover and cook over medium-high heat just until the sugar melts. Uncover and cook, swirling the pan, until amber, about 5 minutes. Remove from the heat; add the plums, 3 tablespoons butter and the vanilla pod and seeds. Cook over low heat, tossing, until the plums are soft and the sauce thickens, about 20 minutes. Add the remaining 3 tablespoons butter and swirl to combine.
3. Transfer the crust to a platter. Top with the plums and half of the sauce. Serve with ice cream and the remaining sauce on the side.

SWEET FINISH

End the meal with a small glass of dessert wine. These picks come in easy-to-finish half bottles.

> Yalumba Antique Tawny *($15 for 375 ml)*
This raisin-y, caramel-like wine from Australia tastes like a high-end port—but it's not actually from Portugal, so it's an excellent bargain.

> 2007 Pacific Rim Vin de Glacière Riesling *($13 for 375 ml)*
The grapes in this bottle from Washington State are frozen before they're pressed (the name means "freezer wine"), resulting in great concentrated flavor.

> 2003 Castelnau de Suduiraut Sauternes *($20 for 375 ml)*
Wines from the French region of Sauternes can be pricey, but this bottle, full of honey and marmalade flavor, is a relative steal.

WINE BOTTLES: MARKO METZINGER/STUDIO D. WINE PAIRINGS: RUPA BHATTACHARYA.

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Crab Lover's Special

- Soft-Shell Crabs with Tomato Compote
- Garden Bean Salad
- Sweet Roasted Grapes
- Crisp White Wine

Soft-shell crabs have shed their hard shells, so they're fully edible. Buy live ones and ask your fish seller to clean them.

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SOFT-SHELL CRABS WITH TOMATO COMPOTE

ACTIVE: 1 hr 15 min | TOTAL: 1 hr 15 min | SERVES: 4

FOR THE COMPOTE
- 3 pounds medium tomatoes
- 5 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- ½ teaspoon coriander seeds
- ½ teaspoon cumin seeds
- 3 cloves garlic, thinly sliced
- 1 tablespoon chopped peeled ginger
- 2 tablespoons chopped fresh basil and/or cilantro

FOR THE CRABS
- Vegetable oil, for frying
- 2 cups polenta
- Kosher salt and freshly ground pepper
- 1 cup whole milk
- 8 large fresh soft-shell crabs, cleaned
- Lime wedges, for serving

1. Prepare the compote: Preheat the oven to 450°. Core the tomatoes and halve crosswise, then squeeze out the seeds. Put the tomatoes cut-side up on a baking sheet. Drizzle with 3 tablespoons olive oil; sprinkle with 1 teaspoon salt, and pepper to taste. Roast until shriveled, about 40 minutes. Cool slightly, then slip off the skins. Cut into chunks.
2. Toast the coriander and cumin seeds in a skillet over medium heat, about 2 minutes. Remove from the skillet and grind with a spice grinder or chop with a knife. Heat the remaining 2 tablespoons olive oil, the garlic and ginger in the skillet over medium heat and cook until beginning to brown, about 3 minutes. Add the tomatoes, ground coriander and cumin, and salt and pepper to taste.
3. Prepare the crabs: Heat ⅛ inch vegetable oil in a large nonstick skillet over medium-high heat. Put the polenta in a baking dish; add 2 teaspoons salt and 1 teaspoon pepper. Put the milk in a bowl. Dip the crabs in the milk and shake off the excess, then dredge in the polenta and shake off the excess.
4. Working in batches, fry the crabs, upside-down first, 3 to 4 minutes per side. Transfer to a paper towel–lined plate. Wipe out the skillet and add fresh oil between batches.
5. Reheat the compote and stir in the herbs. Serve the crabs with the compote and lime wedges.

SWEET ROASTED GRAPES

Serve these syrupy grapes with cheese for dessert: Grease an ovenproof skillet with 2 tablespoons butter. Add 1 pound seedless grapes and ¾ cup walnuts; sprinkle with 2 tablespoons sugar. Roast about 25 minutes in a 500° oven. Transfer to a bowl using a slotted spoon. Simmer the juices with 1 tablespoon honey on the stove until syrupy, 6 to 7 minutes. Off the heat, add a squeeze of lemon juice and a pinch of pepper. Pour the syrup over the grapes.

EASY-DRINKING GRÜNER

Grüner veltliner, the most-planted grape variety in Austria, makes affordable, crisp white wine that tastes great with seafood.

> **2009 Grooner Grüner Veltliner *($10)***
Sipping this mellow wine is like biting into a ripe pear drizzled with a squeeze of fresh lemon juice.

> **2008 Franz Etz Grüner Veltliner *($13 for 1 liter)***
There's a slight fizziness to this refreshing wine, so it goes down easy: You'll be glad it comes in an extra-large bottle.

> **2008 Nigl Kremser Freiheit Grüner Veltliner *($19)***
This complex crowd-pleasing wine starts off tasting tart but finishes with a citrus-flavored sweetness.

GARDEN BEAN SALAD

ACTIVE: 25 min | TOTAL: 1 hr 25 min | SERVES: 4 to 6

- 1 small red onion, finely diced
- ¼ cup apple cider vinegar
- 2 teaspoons sugar
- Kosher salt
- ¼ cup extra-virgin olive oil
- 1 15-ounce can white beans, drained and rinsed
- ¾ pound green and/or wax beans, trimmed and halved
- 2 tablespoons finely chopped fresh parsley
- 2 tablespoons finely chopped fresh chives
- Freshly ground pepper

1. Soak the diced onion in cold water, 10 minutes.
2. Whisk the vinegar, sugar and ½ teaspoon salt in a large bowl, then whisk in the olive oil. Drain the onion and pat dry, then add to the dressing. Stir in the white beans.
3. Bring a saucepan of salted water to a boil. Add the green and/or wax beans and cook until crisp-tender, 4 to 5 minutes. Drain the beans, then plunge into a bowl of ice water to stop the cooking. Drain again, pat dry and add to the salad. Marinate at room temperature, tossing occasionally, about 1 hour.
4. Before serving, stir the parsley and chives into the salad and season with salt and pepper.

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Big Brisket Feast

- Horseradish-Crusted Brisket with Carrots
- Pasta with Farro
- Vanilla Poached Pears
- Food-Friendly Malbec

This menu is inspired by Rosh Hashanah, the Jewish New Year. The two-day holiday starts on September 8 at sundown.

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HORSERADISH-CRUSTED BRISKET WITH CARROTS

ACTIVE: 1 hr 15 min | TOTAL: 5 hr 15 min | SERVES: 6 to 8

FOR THE BRISKET

5 to 6 pounds point-cut beef brisket
Kosher salt and freshly ground pepper
3 to 4 tablespoons all-purpose flour
2 tablespoons extra-virgin olive oil
5 large Spanish onions, cut into thin wedges
8 cloves garlic, smashed
¾ cup tomato paste
3 cups (1 bottle) full-bodied red wine
1 teaspoon sugar
4 leafy inner stalks celery
2 6-to-8-inch sprigs fresh rosemary
2 bay leaves
1 pound carrots, halved crosswise

FOR THE CRUST

1 clove garlic, smashed
Kosher salt
1 6-ounce piece fresh horseradish, peeled
½ cup roughly chopped fresh parsley
2 to 3 tablespoons dijon mustard

1. Prepare the brisket: Preheat the oven to 350°. Generously season the brisket with salt and pepper, then coat with the flour in a large bowl. Heat the olive oil in a large Dutch oven or ovenproof pot over medium-high heat. Brown the brisket on all sides, about 10 minutes. Transfer the meat to a plate.
2. Add the onions and 2 teaspoons salt to the pot and cook, stirring, until soft, about 5 minutes. Add the garlic and cook, stirring, until the onions are caramelized, about 10 more minutes. Add the tomato paste and cook about 5 more minutes. Add the wine and 1 cup water, scraping up the browned bits from the bottom of the pot. Stir in the sugar. Reduce the heat to maintain a low simmer.
3. Tie the celery, rosemary and bay leaves together with kitchen twine and add to the pot along with the brisket and carrots. Cut a round of parchment paper to fit inside the pot; place directly on top of the liquid, then cover with the lid. Transfer to the oven and cook 3 hours, 30 minutes.
4. Meanwhile, make the crust: Mince and mash the garlic with 1 teaspoon salt. Coarsely grate the horseradish. Chop the parsley with the horseradish and garlic paste until the mixture is moist.
5. Remove the pot from the oven, discard the parchment and transfer the meat to a rimmed baking sheet. Increase the oven temperature to 375°. Brush the top of the brisket with the mustard, then pat with the horseradish mixture. Return the meat to the pot and bake, uncovered, until the crust is golden, 30 to 35 minutes.
6. Transfer the brisket to a cutting board. Discard the celery-herb bundle and skim the fat from the braising liquid; thin the remaining liquid with water, if desired. Slice the meat against the grain. Serve with the carrots, onions and braising liquid.

PASTA WITH FARRO Try this twist on kasha varnishkes, a classic Jewish dish made with buckwheat and bow ties: Toast 1 cup farro in a saucepan over medium-high heat with olive oil. Add 2 cups water and ½ teaspoon salt. Bring to a boil, then cover and simmer until the water is absorbed, 20 to 25 minutes. Meanwhile, cook 1 pound orecchiette as directed; drain. Brown 3 tablespoons butter; toss with the pasta and farro (or toss with walnut oil). Season with salt.

FOOD-FRIENDLY MALBEC

Malbec grapes flourish in Argentina's hot, dry climate. These picks pair especially well with meaty fare.

> **2005 Weinert Carrascal Red *($12)***
This fruity-spicy blend is reminiscent of gingerbread; it's a great choice when the weather gets cooler.

> **2008 Crios de Susana Malbec *($13)***
Open this bottle an hour before you want to drink it: The oxygen will mellow out its licorice and pepper flavors.

> **2008 BenMarco Malbec *($19)***
This herbal red is big enough to stand up to the rich brisket and sweet enough to counter the horseradish in the crust.

VANILLA POACHED PEARS

Make dessert in just 15 minutes: Peel, halve and core 4 pears. Put in a shallow dish with 1 cup white wine, ⅔ cup sugar, 2 strips grapefruit zest and 1 split vanilla bean. Cover with plastic wrap; microwave about 10 minutes. Serve the pears with the vanilla syrup; top with whipped cream, if desired.

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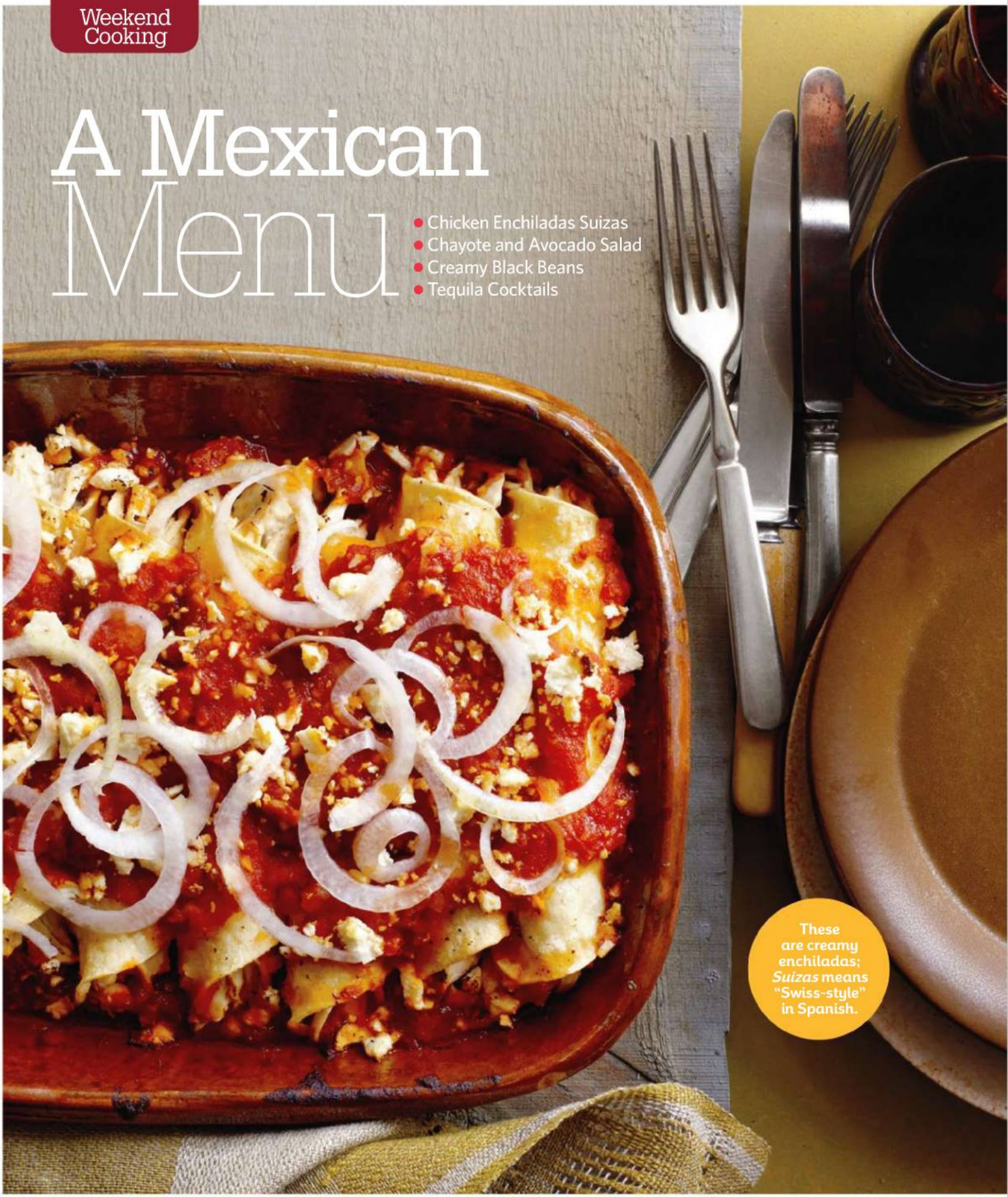
A Mexican Menu

- Chicken Enchiladas Suizas
- Chayote and Avocado Salad
- Creamy Black Beans
- Tequila Cocktails



These are creamy enchiladas; *Suizas* means "Swiss-style" in Spanish.

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CHICKEN ENCHILADAS SUIZAS

ACTIVE: 1 hr 25 min | TOTAL: 2 hr 5 min | SERVES: 6

- 2 skin-on, bone-in chicken breasts (about 2 pounds)
- 2 cups low-sodium chicken broth
- 2 cloves garlic
- 2 bay leaves
- 3 to 5 sprigs fresh cilantro, plus more for topping (optional)
- Kosher salt
- 2 pounds plum tomatoes
- 1 or 2 serrano chile peppers, stemmed
- 2 tablespoons vegetable oil, plus ½ cup for frying
- 1 large white onion; ⅔ diced, ⅓ sliced into rings
- ½ cup Mexican crema or sour cream, plus more for topping (optional)
- 12 corn tortillas, preferably white
- ¾ cup crumbled queso fresco

1. Put the chicken in a medium pot with 3 cups water, the broth, garlic, bay leaves and cilantro; season with salt. Cover and bring to a boil over medium-high heat. Reduce the heat to medium low and gently simmer, turning the chicken as needed, until cooked through, about 30 minutes. Transfer the chicken to a plate to cool. Discard the bay leaves and cilantro and reserve the broth and garlic.

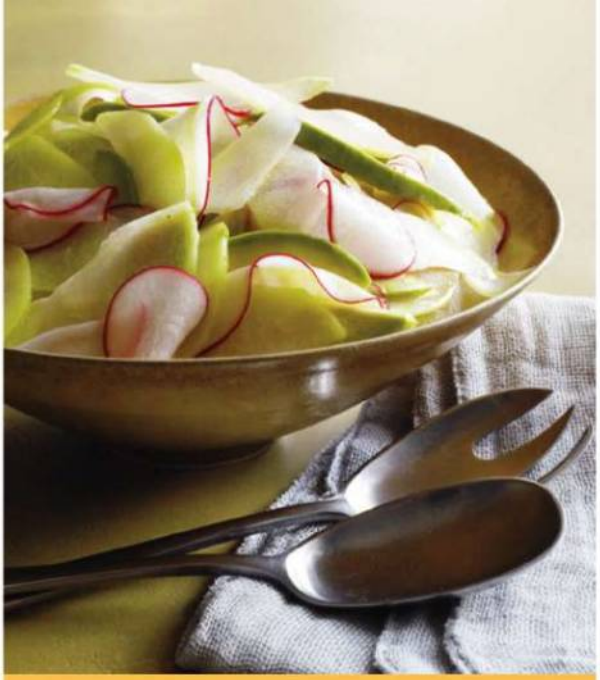
2. Meanwhile, preheat the broiler. Put the tomatoes and chiles on a foil-lined baking sheet and broil, turning, until charred, about 12 minutes. Wrap in the foil to catch any juices, then cool slightly. Peel the chiles and transfer to a blender with the tomatoes and collected juices. Remove the garlic from the broth, add to the blender and puree until smooth.

3. Heat 2 tablespoons vegetable oil in a pot over medium heat. Add the diced onion and cook, stirring, until golden, about 3 minutes. Increase the heat to medium high and stir in the tomato-chile puree and ½ teaspoon salt. Cook, stirring, until the sauce is thick, about 15 minutes. Stir in 3 cups of the reserved broth and bring to a simmer. Partially cover and cook about 20 minutes. Add 1 teaspoon salt; keep the sauce warm.

4. Discard the chicken skin and shred the meat. Toss the chicken with the crema and ½ teaspoon salt in a bowl. Soak the sliced onion in a bowl of cold water while you prepare the enchiladas.

5. Preheat the oven to 375°. Spread 1 cup of the tomato-chile sauce in a 9-by-13-inch baking dish. Heat ½ cup vegetable oil in a skillet over medium-high heat. Fry a tortilla until puffed, about 15 seconds per side, turning with tongs. Quickly spoon 2 tablespoons chicken onto the tortilla, roll it up and put seam-side down in the baking dish. Fry and fill the remaining tortillas, arranging them side by side in the dish.

6. Pour 2 cups of the tomato-chile sauce over the enchiladas and top with the queso fresco. Bake until warmed through, about 20 minutes. Drain the sliced onion and scatter over the enchiladas. Divide among plates and top with more cilantro, sauce and crema, if desired.

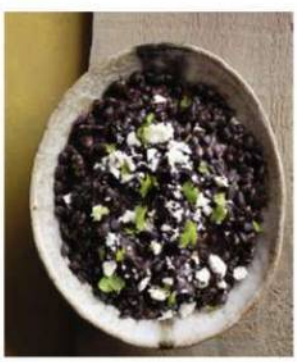


CHAYOTE AND AVOCADO SALAD

Try chayote (chi-OH-tay), a mild Mexican squash that looks like a green pear: Whisk the juice of 2 limes, 2 tablespoons olive oil and a pinch each of sugar and salt in a bowl. Thinly slice 1 peeled chayote, 1 avocado and 4 radishes; gently toss with the dressing.

TEQUILA COCKTAILS

Combine 4 ounces tequila, 2 ounces each lemon juice and sweet vermouth, 2 teaspoons honey and 4 dashes bitters in a shaker. Add ice, cover and shake. Strain into 2 martini glasses; garnish with lemon twists.



CREAMY BLACK BEANS

ACTIVE: 10 min | TOTAL: 4 hr 20 min (plus overnight soaking) | SERVES: 6

- 1 pound dried black beans, rinsed and picked over
- 3 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 4 cloves garlic, chopped
- 1 jalapeño pepper, halved and seeded
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano, preferably Mexican
- Kosher salt
- Queso fresco and fresh cilantro, for topping (optional)

1. Soak the beans in a pot of water overnight. Drain.

2. Heat the olive oil in the pot over medium heat. Add the onion, garlic, jalapeño and cumin and cook, stirring occasionally, about 5 minutes. Add the oregano and the beans, then add enough water to cover (about 9 cups). Increase the heat to medium high and bring to a boil, then reduce the heat to medium low, partially cover and cook, stirring occasionally, until the beans are just tender, about 3 hours.

3. Add 2 teaspoons salt and simmer, uncovered, stirring occasionally, until the liquid is mostly absorbed, about 45 minutes. Season with salt. Let sit 15 minutes before serving; top with queso fresco and cilantro, if desired.

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Jam Session

Make preserves with the summer's best produce: Food Network Kitchens created five great recipes, plus an easy step-by-step guide.

PHOTOGRAPHS BY **CHARLES MASTERS**

Wash all produce thoroughly before you start. Make sure you scrub the lemons, too.

PLUM-VANILLA PRESERVES

ACTIVE: 1 hr 35 min | TOTAL: 2 hr 5 min (plus 24 hrs resting)
MAKES: four 8-ounce jars

- 1½ pounds firm-ripe plums, cut into 1-inch pieces (with skin)
- 2¼ cups sugar
- 2 vanilla beans, split lengthwise and halved crosswise
- 4 small cinnamon sticks
- 1 lemon
- 1½ pounds firm-ripe plumcots or apricots, cut into 1-inch pieces (with skin)

1. Put the plums, sugar, vanilla beans and cinnamon sticks in a large, wide saucepan. Squeeze the lemon juice through a strainer into the pan. Cook over medium-high heat, stirring occasionally, until the sugar dissolves and the mixture boils, about 10 minutes.
2. Reduce the heat to medium and continue to cook, stirring occasionally, until a candy or deep-fry thermometer registers 220˚, about 30 minutes. (To be sure that the mixture has reached the gel point, spoon some onto a chilled plate and put in the freezer until cool. The liquid should set; if not, continue to cook and retest after a few more minutes.) Remove the pan from the heat and let cool 30 minutes.
3. Meanwhile, sterilize four 8-ounce canning jars and lids (see page 120).
4. Return the plum mixture to medium-high heat. Bring to a boil, stirring, then add the plumcots. Reduce the heat to medium and simmer until the plumcots are tender, about 5 minutes. Discard the cinnamon sticks.
5. Fill the jars with the plum mixture, leaving ½ inch headspace, then seal and process (see page 120).

FOOD STYLING: JAMIE KIMM; PROP STYLING: MARINA MALCHIN.

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PEACH-MUSTARD COMPOTE

ACTIVE: 1 hr | TOTAL: 1 hr (plus 24 hrs resting) | MAKES: four 8-ounce jars

- 2 lemons
- ½ cup dry white wine
- ½ cup sugar
- ½ cup honey
- 3 tablespoons yellow mustard seeds
- 8 black peppercorns
- ½ teaspoon red pepper flakes
- 4 3-inch sprigs fresh rosemary
- 4 bay leaves
- 1¾ pounds firm-ripe peaches, cut into ¼-inch wedges (with skin)
- ¼ cup dried cherries or currants

1. Sterilize four 8-ounce canning jars and lids (see page 120).
2. Using a vegetable peeler, remove the zest from the lemons in wide strips, leaving the bitter white pith behind. Squeeze the lemon juice through a strainer into a large, wide saucepan. Add the zest, wine, sugar, honey, mustard seeds, peppercorns and red pepper flakes. Tie the rosemary and bay leaves together with twine and add to the pan. Bring to a boil over medium-high heat, then reduce the heat to medium low and simmer, stirring occasionally, until the liquid thickens and a candy or deep-fry thermometer registers 220˚, about 10 minutes.
3. Add the peaches and dried fruit to the pan. Bring to a boil over medium heat and cook until the peaches are just tender, about 5 minutes. Remove from the heat; discard the herbs.
4. Fill the jars with the peach mixture, leaving ¾ inch headspace, then seal and process (see page 120).

BLUEBERRY-MAPLE SPOON FRUIT

ACTIVE: 1 hr 20 min | TOTAL: 1 hr 30 min (plus 24 hrs resting)
MAKES: four 8-ounce jars

- 2 lemons
- 8 cups fresh blueberries (about 2⅔ pounds), picked over
- ½ cup pure maple syrup (preferably grade A)
- 2 cups sugar

1. Using a vegetable peeler, remove the zest from the lemons in wide strips, leaving the bitter white pith behind. Squeeze the lemon juice through a strainer into a large, wide saucepan.
2. Add 3½ cups blueberries, the lemon zest, maple syrup and sugar and cook over medium-high heat, stirring, until the sugar dissolves, 6 to 7 minutes. Reduce the heat to medium and cook, stirring occasionally, until a candy or deep-fry thermometer registers 220˚, 30 to 40 minutes (reduce the heat if the mixture is sticking to the pan). Remove from the heat.
3. Meanwhile, sterilize four 8-ounce canning jars and lids (see page 120).
4. Return the blueberry mixture to medium-high heat. Bring to a boil, stirring, then add the remaining 4½ cups blueberries. Reduce the heat to medium low and simmer until those berries are tender but still hold their shape, 7 to 10 minutes.
5. Fill the jars with the blueberry mixture, leaving ¼ to ½ inch headspace, then seal and process (see page 120).

SPICY TOMATO JAM

ACTIVE: 1 hr 45 min | TOTAL: 1 hr 45 min (plus 24 hrs resting)
MAKES: four 8-ounce jars

- 4 large lemons
- 5½ pounds plum tomatoes, cored and cut into 1-inch pieces
- 4 cups light muscovado sugar or packed light brown sugar
- 4 teaspoons ground cumin
- Kosher salt
- 2 scant teaspoons red pepper flakes
- 4 small cinnamon sticks
- ½ teaspoon ground cloves
- 8 ⅛-inch-thick slices peeled ginger

1. Using a vegetable peeler, remove the zest from the lemons in wide strips, leaving the bitter white pith behind. Squeeze the lemon juice through a strainer into a large, wide saucepan. Add the lemon zest, tomatoes, sugar, cumin, 4 teaspoons salt, the red pepper flakes, cinnamon sticks, cloves and ginger. Cook over medium-high heat, stirring occasionally, until the tomatoes are juicy and the sugar dissolves, 15 to 20 minutes. Continue to cook, stirring occasionally, until the tomatoes are dark and syrupy and a candy or deep-fry thermometer registers 220°, 40 to 50 minutes (the timing may vary depending on the juiciness of the tomatoes). Reduce the heat if the mixture starts to scorch. Discard the cinnamon sticks.
2. Meanwhile, sterilize four 8-ounce canning jars and lids (see page 120).
3. Fill the jars with the tomato mixture, leaving ¼ inch headspace, then seal and process (see page 120).

TOMATILLO SALSA

ACTIVE: 1 hr | TOTAL: 1 hr 10 min | MAKES: four 8-ounce jars

- 1 large poblano pepper, stemmed, halved and seeded
- ½ large white onion, cut into 4 wedges
- 4 cloves garlic
- 2¼ pounds tomatillos, husked
- ½ teaspoon ground cumin
- ¼ cup fresh lime juice or bottled Key lime juice
- 1 tablespoon distilled white vinegar
- 1½ teaspoons sugar
- Kosher salt
- 3 red jalapeño peppers, thinly sliced crosswise (with seeds)
- Chopped fresh cilantro, for topping (optional)

1. Sterilize four 8-ounce canning jars and lids (see page 120).
2. Preheat the broiler. Put the poblano halves skin-side up on a foil-lined broiler pan with the onion and garlic. Broil until the poblano is charred and the onion and garlic are browned, about 8 minutes. Cool the poblano slightly, then peel.
3. Pulse the tomatillos in a food processor in batches until coarsely chopped, then transfer to a bowl. Add the poblano, onion and garlic to the processor and pulse until coarsely chopped (do not overprocess). Transfer to a large, wide saucepan. Add the cumin, lime juice, vinegar, sugar and 1 tablespoon salt. Bring to a boil over high heat and cook, stirring occasionally, until slightly reduced, 3 to 4 minutes.
4. Add the tomatillos and jalapeños to the pan, cover and return to a boil. Cook until heated through, 3 to 4 more minutes.
5. Fill the jars with the tomatillo mixture, leaving ¾ inch headspace, then seal and process (see page 120). After opening, top the salsa with cilantro, if desired.

Turn the page for the how-to.

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HOW TO Preserve

Home canning is completely safe if you follow these steps. Pick one of the recipes on pages 117 to 119, then get started.

What you'll need:

- ☐ four 8-ounce canning jars with lids and bands
- ☐ large pot
- ☐ canning rack or other wire rack that fits in your pot
- ☐ jar lifter and/or tongs
- ☐ large spoon
- ☐ small rubber spatula
- ☐ clean kitchen towels and paper towels

1. Sterilize the jars: Wash the jars, lids and bands in hot, soapy water. Put the jars on a rack in a pot of water. Boil at least 10 minutes; keep in simmering water until ready to fill.

2. Put the lids and bands in a saucepan of simmering water until ready to use (do not boil).

3. Carefully remove a jar from the water with a jar lifter or tongs, empty out the water and place the jar on a clean kitchen towel.

4. Using a clean spoon, fill the jar with the hot preserves, leaving headspace as directed in the recipe. Repeat to fill the remaining jars.

5. Run a clean small rubber spatula along the inside of the jars to eliminate any air pockets.

6. Wipe the rims and threads of the jars with a damp paper towel to remove any food residue.

7. Remove the lids from the simmering water with tongs and place on top of the jars.

8. Remove the bands from the water. Screw on the jars just until you feel resistance; don't overtighten.

9. Put the jars upright on the rack in the pot; cover with water by 2 inches. Bring to a boil, then boil, covered, 15 minutes (this is called "processing").

10. Lift the jars from the hot water and transfer to a kitchen towel or rack. Let sit, undisturbed, for 24 hours; a vacuum seal will form as the jars cool.

11. Check the seal: The lids should not pop in the center (if they do, keep the preserves in the fridge for up to one week). Store unopened vacuum-sealed jars in a cool, dark place for up to a year. Refrigerate after opening.

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Put a personal touch on your next big bash by designing your own napkins: Just print a message onto iron-on transfer paper (available at office supply and crafts stores) using a home ink-jet printer, then iron the labels onto any cloth napkins or dish towels.

CHARLES MASTERS.

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Petite Orange and Raspberry Pochettes

All-Star Labor Day

We staged a **potluck** with six Food Network chefs and ended up with one awesome menu.

PHOTOGRAPHS BY **YUNHEE KIM**

Aaron McCargo, Jr.

Anne Burrell

Marcela Valladolid

Michael Symon

Claire Robinson

Melissa d'Arabian

Rosemary-Infused Lemonade

Grilled Mango with Jalapeños

FOOD STYLING: ANNE DISALVO; PROP STYLING: MEGHAN GUTHRIE

Grilled Rack of Pork with Cabbage

Minted Squash-Orzo Salad

Super-Zesty Potato Salad

“I like the balance of heat and sweet in this refreshing dish. You can serve it at the beginning of the meal or even as a light dessert.”

AARON McCARGO, JR.'S GRILLED MANGO WITH JALAPEÑOS

ACTIVE: 20 min | TOTAL: 20 min | SERVES: 6 to 8

3 mangoes
Kosher salt and freshly ground black pepper
Cayenne pepper, to taste
Extra-virgin olive oil, for drizzling
1 lime, halved
½ cup Mexican crema (or ⅓ cup sour cream mixed with 2 tablespoons milk)
Thinly sliced jalapeño peppers and fresh cilantro, for topping

1. Preheat a grill to medium. Peel the mangoes and cut the flesh from the pit in large flat slices; lay on a baking sheet. Season the mango slices with salt, black pepper and cayenne and drizzle with olive oil. Turn the slices over and repeat.
2. Grill the mango slices, turning once, until well marked, 2 to 3 minutes total. Transfer to a platter and squeeze the lime juice on top. Drizzle with the crema and top with jalapeños and cilantro.

ANNE BURRELL'S SUPER-ZESTY POTATO SALAD

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 8

FOR THE MAYONNAISE
- 2 large egg yolks
- ¼ cup red wine vinegar
- 1 tablespoon dijon mustard
- Kosher salt
- 1½ cups neutral-flavored oil (such as vegetable, canola or peanut)

FOR THE SALAD
- 2½ pounds small red bliss potatoes, quartered
- 3 cloves garlic, smashed
- Kosher salt
- 6 slices bacon, chopped
- 2 tablespoons extra-virgin olive oil
- 1 red onion, diced
- 3 stalks celery, diced
- ½ cup red wine vinegar
- ½ cup dijon mustard

1. Make the mayonnaise: Put the egg yolks in a food processor and add the vinegar, mustard and ¼ teaspoon salt. Turn on the machine and very slowly start to drizzle in the oil (drip until the mixture starts to look like mayonnaise, then you can start adding it in a slow, steady stream). If the mayonnaise is too thick, add a few drops of water; if it is not thick enough, add a little more oil with the motor running.
2. Make the salad: Put the potatoes and garlic in a large pot. Add enough water to cover the potatoes by 2 inches and season generously with salt. Bring the water to a boil over high heat, then reduce the heat to medium and simmer until fork-tender, about 10 minutes.
3. Meanwhile, cook the bacon in the olive oil in a large skillet over medium-high heat, stirring occasionally, until browned and crisp, about 10 minutes. Remove from the heat and stir in the onion, celery and vinegar. Season with salt.
4. Drain the potatoes and transfer them to a large bowl (discard the garlic). Add the bacon-onion mixture to the hot potatoes and stir to incorporate. Gently stir in 1½ cups mayonnaise and the mustard and season with salt. Refrigerate until cold.

"I love, love, love potato salad, and it isn't a potluck without it. This recipe is a cross between an American and a French potato salad—half mayo and half vinaigrette."

"Rosemary brightens this lemonade with its beautiful aroma and gives the drink an unexpected grown-up twist."

MARCELA VALLADOLID'S ROSEMARY-INFUSED LEMONADE

ACTIVE: 15 min | TOTAL: 45 min (plus cooling) | SERVES: 8

- 2 small sprigs fresh rosemary, plus more for serving (optional)
- Kosher salt
- 1 cup fresh lemon juice, or more to taste
- ½ cup agave nectar or other natural sweetener, or more to taste
- Lemon slices, for serving (optional)

1. Bring 6 cups water to a boil in a saucepan. Remove from the heat and add the rosemary and a pinch of salt. Cover and steep, 30 minutes. Strain into a pitcher and cool to room temperature.
2. Stir the lemon juice, agave nectar and 2 cups cold water into the pitcher. Add more lemon juice or agave nectar to taste. Serve over ice with more rosemary and/or lemon slices, if desired.

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MICHAEL SYMON'S GRILLED RACK OF PORK WITH CABBAGE

ACTIVE: 1 hr 25 min | TOTAL: 2 hr 45 min (plus overnight chilling) | SERVES: 8

- 1 6-pound center-cut rack of pork (not frenched)
- Kosher salt
- 1½ cups julienned carrots
- 1½ cups julienned peeled celery root
- ¾ cup white wine vinegar
- 3 cloves garlic, smashed
- 1 jalapeño pepper, halved lengthwise
- 1 bay leaf
- 1 sprig fresh dill
- 1 tablespoon sugar
- 4 tablespoons extra-virgin olive oil
- 1 onion, finely chopped
- 1 small head green cabbage (about 2 pounds), shredded
- 1 cup hard cider
- 1 teaspoon whole-grain mustard

1. Start a day ahead: Season the pork liberally with salt, cover and refrigerate overnight.
2. Make the pickled vegetables a day ahead, too: Bring a pot of salted water to a boil. Add the carrots and celery root and cook until just wilted, about 1 minute. Drain and run under cold water. Bring the vinegar, garlic, jalapeño, bay leaf, dill, sugar, 1 tablespoon salt and ¾ cup water to a boil in a saucepan. Remove from the heat and add the carrots and celery root. Let cool, then transfer the vegetables and liquid to a container and refrigerate overnight.
3. The next day, make the cabbage: Heat 2 tablespoons olive oil in a pot over medium-high heat. Add the onion and ½ teaspoon salt; cook, stirring, until softened, 5 minutes. Add the cabbage and cider and cook, stirring, until the cabbage is crisp-tender, 10 to 15 minutes.
4. Drain the pickled carrots and celery root; discard the garlic, jalapeño, bay leaf and dill. Add the pickled vegetables to the cabbage and cook 2 minutes. Remove from the heat, stir in the mustard and season with salt. Let cool.
5. Remove the pork from the refrigerator and let stand 30 minutes. Preheat a grill to high and allow the grate to get hot (on a charcoal grill, spread the coals over half the grill; on a gas grill, preheat the burners on one side).
6. Brush the pork with the remaining 2 tablespoons olive oil. Grill directly over the heat, turning to sear on all sides, about 15 minutes. Move to the cooler side of the grill, cover and cook until a thermometer inserted into the thickest part registers 145°, 45 minutes to 1 hour. Let the pork rest 5 to 10 minutes, then slice into chops and serve with the cabbage.

"This dish is great for a potluck: It appeals to everyone, and the cabbage is easy to make in volume."

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CLAIRE ROBINSON'S MINTED SQUASH-ORZO SALAD

ACTIVE: 30 min | TOTAL: 30 min | SERVES: 8

Kosher salt
1½ cups orzo pasta
4 tablespoons garlic-flavored olive oil
1 large yellow squash, quartered lengthwise and thinly sliced
Freshly ground pepper
6 ounces crumbled feta cheese (about 1¼ cups)
¾ cup fresh mint leaves, chopped, plus more for topping

1. Bring a large pot of heavily salted water to a boil over medium heat. Stir in the orzo and cook as the label directs. Drain in a colander and rinse under cold water until cool. Drain, shake off the excess water and transfer to a large bowl.
2. Meanwhile, heat 2 tablespoons garlic olive oil in a large skillet over medium-high heat. Add the squash, season with salt and pepper and cook, stirring occasionally, until it begins to brown, about 4 minutes. Remove from the heat and cool to room temperature.
3. Add the squash to the bowl with the orzo. Stir in three-quarters of the feta, the mint, the remaining 2 tablespoons garlic olive oil, and salt and pepper to taste. Top with the remaining feta and more mint.

"This salad is one of my favorites for summer potlucks or barbecues. It's simple, healthy and fresh—and it's tasty hot or cold."

"These little pastry cookies are easy and inexpensive. I used them to wow the judges on *The Next Food Network Star* last year!"

MELISSA D'ARABIAN'S PETITE ORANGE AND RASPBERRY POCHETTES

ACTIVE: 35 min | TOTAL: 1 hr 55 min (plus cooling)
MAKES: about 3 dozen cookies

2 sticks unsalted butter, at room temperature
8 ounces cream cheese, at room temperature
2 cups all-purpose flour, plus more for dusting
⅓ cup orange marmalade
⅓ cup raspberry jam
Confectioners' sugar, for dusting

1. Beat the butter and cream cheese in a bowl with a mixer until light and creamy. Slowly add the flour, mixing just until a dough forms (do not overmix). Divide the dough into 2 balls, then flatten each into a disk. Wrap in plastic wrap and refrigerate until firm, at least 1 hour.
2. Preheat the oven to 375°. Roll out 1 disk of dough on a floured surface with a floured rolling pin to ⅛ inch thick. Cut out as many rounds as you can using a 3-inch-round fluted cutter. Top each with a heaping half-teaspoonful of orange marmalade. Brush the edge of the dough with water, then fold the dough over to make a half-moon and press to seal. Place on an ungreased baking sheet. Reroll the dough scraps and repeat, then repeat with the remaining disk of dough, filling with the raspberry jam.
3. Bake the cookies until golden, 20 to 22 minutes. Transfer to a rack to cool completely. Dust generously with confectioners' sugar.

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All Ears

Top your corn on the cob with the works.

CORN WITH LIME-SAGE BUTTER

Mix 4 tablespoons softened butter, 1½ tablespoons chopped sage and 1 tablespoon each lime zest and juice. Season with salt and pepper. Boil 4 ears of corn, about 5 minutes; drain and spread with the butter.

CURRIED CORN

Mix 1 teaspoon each ground ginger, paprika and ground coriander with ½ teaspoon each ground cumin and turmeric. Brush 4 ears of corn with vegetable oil, sprinkle with the spices and grill, turning, about 12 minutes; season with salt. Serve with yogurt mixed with salt and cilantro.

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TEX-MEX CORN

Pull back the husks from 4 ears of corn and remove the silk; sprinkle with 1 teaspoon chili powder. Cover with the husks and grill, turning, about 20 minutes. Fold back the husks and spread with a mixture of ½ cup mayonnaise and 1 teaspoon chili powder. Sprinkle with grated cheddar and crumbled bacon.

FOOD STYLING: LORI POWELL

LEMON-BASIL CORN

Bring 4 cups water, ½ cup basil leaves, ½ lemon, 3 tablespoons olive oil and a pinch of salt to a boil. Add 4 ears of corn; cook about 5 minutes. Mix ½ cup torn basil, 1 teaspoon lemon zest, 1 tablespoon lemon juice and 3 tablespoons olive oil. Drain the corn and toss with the flavored oil and a splash of the cooking water.

TOMATO-GARLIC CORN

Trim the tops off 2 heads of garlic; sprinkle with olive oil and salt. Wrap in foil and roast at 350°, about 40 minutes. Squeeze the garlic out of its skin and mix with 1 grated tomato and 2 tablespoons grated parmesan; season with salt, pepper and fresh thyme. Grill 4 ears of corn, turning, about 12 minutes. Cover with the tomato mixture.

PHOTOGRAPHS BY **KATE SEARS**

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Clambake

Step by Step

Adventurer Jeff Corwin, host of *Extreme Cuisine*, shows us how to make the **ultimate seafood feast** right on the beach.

PHOTOGRAPHS BY **KELLER + KELLER**

FOOD STYLING: MARY JANE SAWYER; PROP STYLING: LAUREN NILES; HAIR AND MAKEUP: HEIDI WELLS.

Jeff and his family dig into clams, lobster and more in their bayside backyard.

The new season of *Extreme Cuisine with Jeff Corwin* begins on August 19 at 8 p.m. ET.

When we asked biologist turned Food Network host Jeff Corwin if we could visit his bayside home in Massachusetts, he rattled off a list of cool things we could do there: dig for clams, trap lobsters, go fishing or—the one we couldn't resist—have a clambake on the beach in his backyard. Corwin, a wildlife expert and longtime host on Animal Planet, is always up for an adventure. He confronted wild elephants in Borneo while filming *The Jeff Corwin Experience* and ate pigeon pie in Morocco for his Food Network series, *Extreme Cuisine with Jeff Corwin*. To meet him for this clambake, we had a bit of an adventure ourselves. Jeff lives with his wife, Natasha, and daughters Maya Rose, 7, and Marina Faye, 2, on an island accessible only by a one-lane causeway that floods at high tide. We made it in the nick of time: This is one New England tradition we just couldn't miss.

> "Make sure you're always in control of your fire. Call the fire department in advance and have a water source nearby."

What you'll need:

- ☐ nylon mesh bag or old pillowcase
- ☐ shovel
- ☐ dry wood (at least 50 logs)
- ☐ medium-size rocks (at least 50)
- ☐ kindling
- ☐ matches or lighter
- ☐ seaweed (at least 10 pounds)
- ☐ large burlap cloth
- ☐ large canvas tarp
- ☐ tongs or oven mitt
- ☐ clambake ingredients (clams, lobster, corn, potatoes)

1. Soak the clams.

Plan on 1 pound clams per person. Put them in a nylon mesh bag and soak 1 to 2 days in seawater, shaking occasionally. They'll be perfectly clean—no mud or sand. (You can also soak them in a bowl of salted water in the fridge.)

2. Dig a pit.

Find a level, sandy spot on the beach (and make sure clambakes are permitted there!). Dig a 6-by-4-foot pit with sloping sides, 1 to 2 feet deep. Don't dig too deep, or you might hit the water table. If the sand starts to look wet, start over somewhere else.

3. Build a fire.

Line the bottom and sides of the pit with plenty of dry wood. Look around for crack-free rocks (softball to cantaloupe size) and layer them on top of the wood. Pile more wood on top of the rocks, add kindling and ignite. Once the logs start to break down, spread them out with a stick so the fire covers the rocks. When the fire burns down, the rocks will be powdery, glowing and hot enough to serve as coals; this takes 2 to 3 hours. Sprinkle some water on the rocks; if it sizzles and evaporates instantly, you're ready to cook.

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4. Prepare the corn.

While you wait for the rocks to heat up, get your corn ready, Corwin-style: Peel back the husks and remove the silk. Brush with olive oil and sprinkle with sea salt and minced fresh rosemary, then fold back the husks and tie with twine.

Jeff and daughter Maya collect seaweed from the bay, but you can order it from a fish market.

5. Start cooking.

Once the rocks are hot enough, you'll need to move quickly. Cover the rocks with a generous layer of wet seaweed (it will start to steam). Then start tossing food on top: Jeff cooks corn, steamer clams, lobster and red potatoes.

6. Cover the pit.

Quickly cover the food with wet burlap (or use wet sheets or even wet newspaper). Then cover with a large wet canvas tarp—a painting drop cloth is perfect. Weigh down the edges of the tarp with sand or rocks to trap the steam. Be careful not to get sand in your food!

7. Uncover the food.

After an hour, remove the tarp and burlap, being careful not to stir up any sand. Pull out all the food with tongs or an oven mitt and let the pit cool completely.

> People call it a clambake, but I say it's all about the lobster!"

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8. Make a side dish.

You can eat the smoky potatoes plain, but Jeff likes to turn them into potato salad. He preps all the ingredients in advance: a lemon-mustard vinaigrette, blanched green beans and thinly sliced fresh mint. Then, at the clambake, he quarters the hot potatoes and tosses the salad together.

"This meal isn't about measuring. It's about knowing your food and your fire, and using the earth as a natural oven."

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Perfect

S'MORES

Preheat a grill to medium high. Top a honey graham-cracker square with a ½-to-1-ounce square of semisweet chocolate. Place on the edge of the grill, away from the direct heat, to melt the chocolate. Meanwhile, skewer a jumbo marshmallow and hold over the heat, turning, until soft and toasted. Put the marshmallow on top of the chocolate, cover with another graham and gently press together as you slide off the skewer.

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Toasting Tips

- To get extra-soft marshmallows, use a metal skewer. It conducts heat and melts the center.
- Position your marshmallow over the hot coals or just beside the flame, not directly over the fire.
- For campfire s'mores, put the chocolate-topped graham cracker on a sheet of foil and lay near the fire to melt.

S'more S'mores Try these over-the-top combinations.

Elvis S'more
honey grahams + toasted marshmallow + banana slices + peanut butter

Cinnamon Toast S'more
cinnamon grahams + toasted marshmallow + butterscotch chips + white chocolate

Mint Chocolate Chip S'more
chocolate grahams + toasted marshmallow + mini chocolate chips + peppermint patty

Caramel Apple S'more
cinnamon grahams + toasted marshmallow + apple slices + chocolate-covered caramel

PHOTOGRAPHS BY **LEVI BROWN**

FOOD STYLING: BRETT KURZWEIL

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BBQ Chicken & Ribs

We've been gnawing on ribs since man invented fire. Today, almost 80% of American homes sport an outdoor grill or smoker, and nothing's as synonymous with Labor Day (or as lovably messy) as BBQ chicken & ribs.

Franks & Beans

Always invited to barbecues, this combo knows how to have a good time. Originating as rations during the American Civil War, they have upheld their legacy of patriotism and are a beloved summertime meal.

Berry Cobbler à la Mode

American colonists were so enamored with berry cobbler, they often served it for breakfast! Not until the late 19th century did it become a go-to dessert choice. Today, it's rarely served without vanilla ice cream – making for a messy but memorable duo!

VOTE! AND WATCH THE COMPETITION GET MESSY!

Visit **Facebook.com/Cascade** to learn more about the tastiest, yet hardest to clean, meal pairings of all time! Share your own cooking and cleaning horror stories, share your own food pairing recipes and more!

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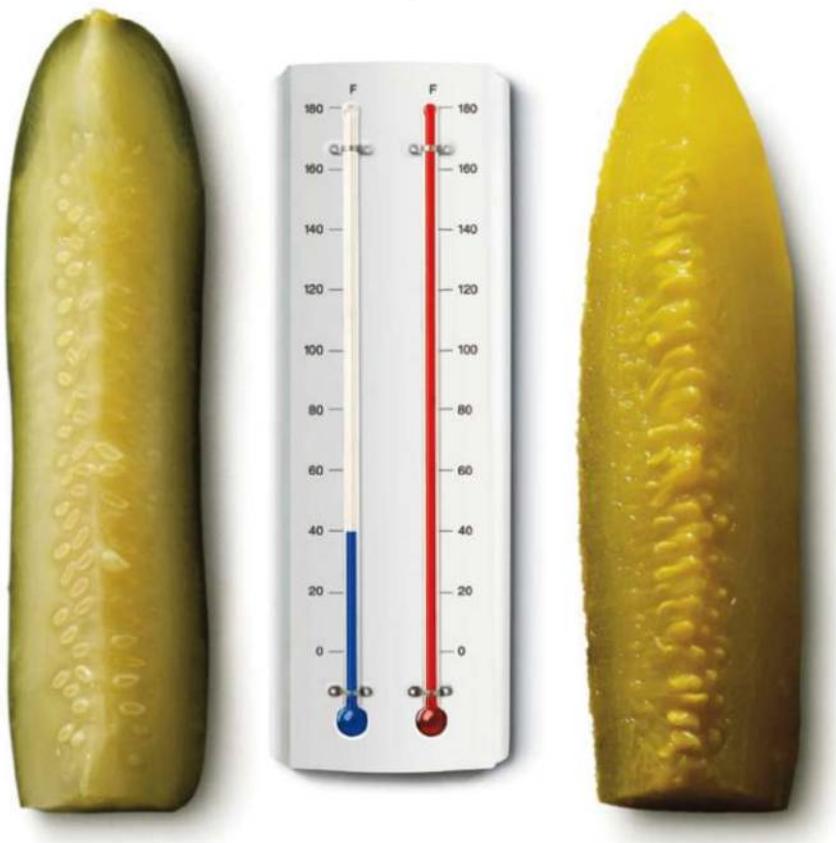

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On the Road

Try a hot new **fair food.** Then, see where the Neelys eat in Memphis, and sample some of America's best eats.

Sundae Dinner

It's state fair season, and once again, the food vendors are outdoing themselves. One of the hottest trends on the circuit: dinners disguised as desserts. We spotted this pork parfait, with layers of pulled pork, barbecue sauce and mashed potatoes, at fairs in Florida and Illinois. Re-create it at home (we added a cherry tomato on top) or try one at Porky's BBQ stand this month during the **State Fair of Virginia** *(September 23 to October 3; statefair.com).*

PHOTO: CHARLES MASTERS; FOOD STYLING: JAMIE KIMM.

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Take It from Here

New Yorkers have been digging into **Yonah Shimmel's knishes** for 100 years. It's high time you tried one.

When Yonah Shimmel's Knish Bakery *(137 East Houston St.; knishery.com)* opened on New York City's Lower East Side, you could get a fat, potato-filled knish for three cents. That was in 1910. Today, you'll have to fork over $3.50, but not much else has changed. The Shimmel family (now spelled Schimmel) still runs the place, six generations after Romanian immigrant Yonah Shimmel started peddling his wife's knishes from a cart in Coney Island. Lots of copycats have followed, but co-owner Ellen Anistratov insists Shimmel's is the true knish: mashed potato in a thin dough; baked, not fried; round, not square. To this day, the family keeps the recipe a secret, but in honor of the shop's 100th birthday, Food Network Kitchens created this version.

POTATO-KASHA KNISHES

ACTIVE: 1 hr | TOTAL: 2 hr 30 min (plus chilling)
MAKES: 6 knishes

FOR THE DOUGH

- 1½ cups all-purpose flour, plus more for dusting
- 3 tablespoons extra-virgin olive oil, plus more for brushing
- Kosher salt
- ¼ cup plus 2 tablespoons cold seltzer
- 2 teaspoons apple cider vinegar

FOR THE FILLING

- 1½ pounds russet potatoes, peeled and quartered
- Kosher salt
- 4 tablespoons extra-virgin olive oil
- 1½ pounds Spanish onions, diced
- 1 clove garlic, smashed
- 1 cup whole or coarse kasha (roasted buckwheat groats; available in the bulk aisle or near the dried beans)
- Freshly ground pepper
- Spicy mustard, for serving

1. Make the dough: Put the flour in a food processor, then pulse as you pour the olive oil through the feed tube. Scrape down the sides of the processor and pulse again.
2. Dissolve 1 teaspoon salt in the seltzer and vinegar in a liquid measuring cup. Pulse as you pour the liquid through the feed tube, 20 to 30 seconds. Turn the dough out onto a floured surface and knead until smooth. Flatten into an even disk, wrap in plastic wrap and refrigerate at least 2 hours.
3. Make the filling: Put the potatoes in a saucepan, cover with water and season with salt. Simmer until tender, 20 to 30 minutes. Drain and coarsely mash in a large bowl.
4. Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add the onions, garlic and 1 teaspoon salt. Cover and cook about 5 minutes; uncover and cook, stirring, until browned, 15 to 20 more minutes.
5. Meanwhile, combine the remaining 2 tablespoons olive oil and the kasha in a small saucepan over medium-high heat and cook until toasted, about 4 minutes. Add 1¾ cups water and 1 teaspoon salt. Reduce the heat to medium, cover and cook until the water is absorbed, about 10 minutes. Season with salt and pepper. Cool slightly, then add to the bowl with the potatoes. Add the onions and mash.
6. Remove the dough from the refrigerator 30 minutes before making the knishes. Preheat the oven to 375°; lightly brush a baking sheet with olive oil.
7. Make the knishes (at right); place 2 inches apart on the baking sheet. Bake 30 minutes; brush with olive oil and continue baking until golden, 25 to 35 more minutes. Serve with mustard.

KNISH AND HOW-TO: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: AMY WILSON. INSET: BRIAN DUBÉ.

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HOW TO
Make Knishes

1

Put the dough on a floured sheet of parchment paper; dust with flour. Stretch into a 6-by-8-inch rectangle, then use a rolling pin to roll into a 12-by-18-inch rectangle.

2

With the long side of the dough in front of you, shape the filling into a tight log, leaving a 2-inch border on the side closest to you and 1½ inches on each end.

3

Use the parchment paper to help roll the dough around the filling, stretching the dough as needed to keep it tight. Brush off the flour as you roll.

4

Pinch the dough closed at the seam, then carefully turn the roll seam-side down on the parchment paper.

5

Pull on the ends of the dough and twist to seal; pinch off the excess dough.

6

Press the handle of a wooden spoon into the log to divide it into 3 even sections.

7

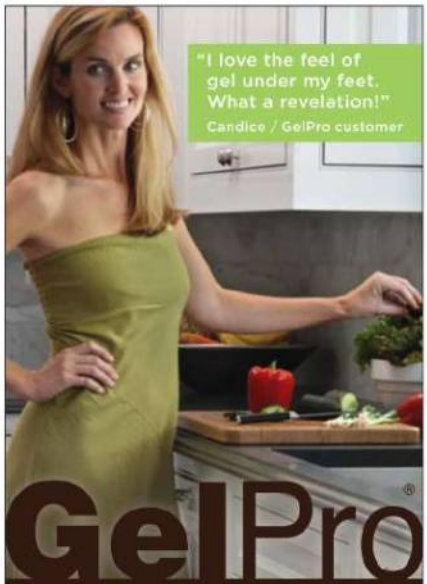
Seal each piece closed by stretching the dough over the open sides; twist the dough and pinch off any excess.

8

Cut each piece in half with a sharp knife to make 6 knishes. They should be closed on one side.

9

With the cut side up, stretch the dough partly over the filling, leaving some exposed. Flatten each knish slightly so it is about 1½ inches high.



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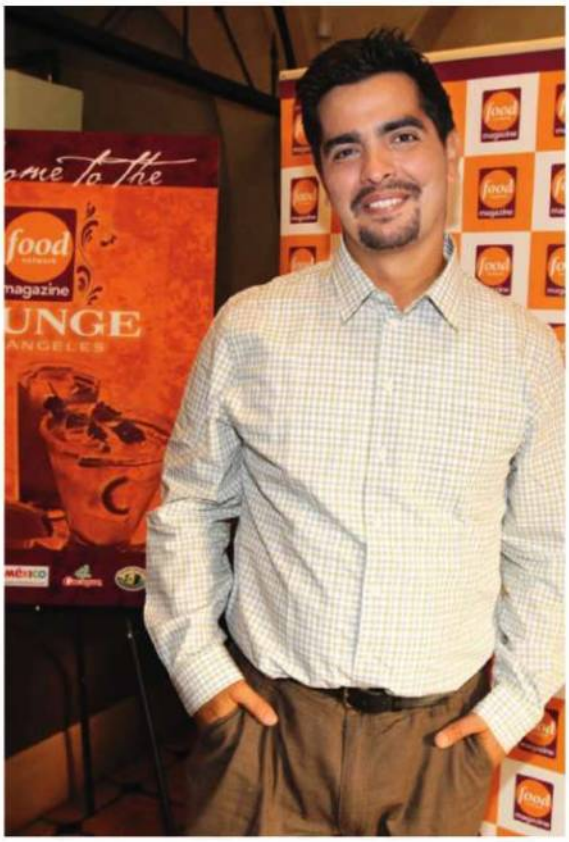
LOUNGE

LOS ANGELES, MAY 4, 2010

Food Network Magazine celebrated Cinco de Mayo at the Spanish Kitchen in Los Angeles. Magazine subscribers and VIP guests mixed and mingled with Food Network star Aarón Sánchez and enjoyed delicious Mexican hors d'oeuvres and margaritas created with recipes straight from the magazine. Every guest left with a fabulous goody bag!



Top Row: The Spanish Kitchen, West Hollywood; Guests enjoying hors d'oeuvres; Aarón Sánchez; Middle Row: An on-site sweepstakes was hosted by Mexico Tourism, Alaska Airlines, Sheraton Hacienda del Mar and Los Cabos; Six different types of margaritas were served; Bottom Row: Event guests; California Avocado Guacamole Station; Goody Bags; Aarón Sánchez and wife Ifé.

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Old-School Dining

These fun restaurants are housed in **former schools,** and they put the usual cafeteria food to shame.

BY **JIHAN THOMPSON**

The Schoolhouse Restaurant

Camp Dennison, OH

The bell on top of this cute white schoolhouse still rings—only now, it calls people to lunch and dinner, not class. Inside the converted 1863 schoolhouse (one of the first two-story schools in Ohio), customers read the comfort-food menu on the original wall-to-wall slate blackboard. Outside the dining room, once a classroom for fifth- through eighth-graders, the report card of one unlucky student, Iona Cross, is on display. (Spelling was not her strong suit.)
8031 Glendale-Milford Rd.; 513-831-5753

Knights Bar & Grill

Riverdale, ND

Nowadays at Riverdale High, you can break all the rules: Go ahead and drink beer in the cafeteria or sleep in class. Owners Lee and Jane Bertsch saved the school from demolition in 2008 and turned it into a hotel and a restaurant, Knights, named after the school mascot. Guests, including visiting alumni, sleep in former classrooms and dine in the old cafeteria, now decorated in red and black, the school colors. Luckily, the closest thing you'll find to mystery meat here is the tasty secret sauce on the signature bacon cheeseburger.
401 Third St.; 701-654-9559

THE SCHOOLHOUSE RESTAURANT; INTERIOR: BETH MILLER; EXTERIOR: JEREMY STEVENSON.

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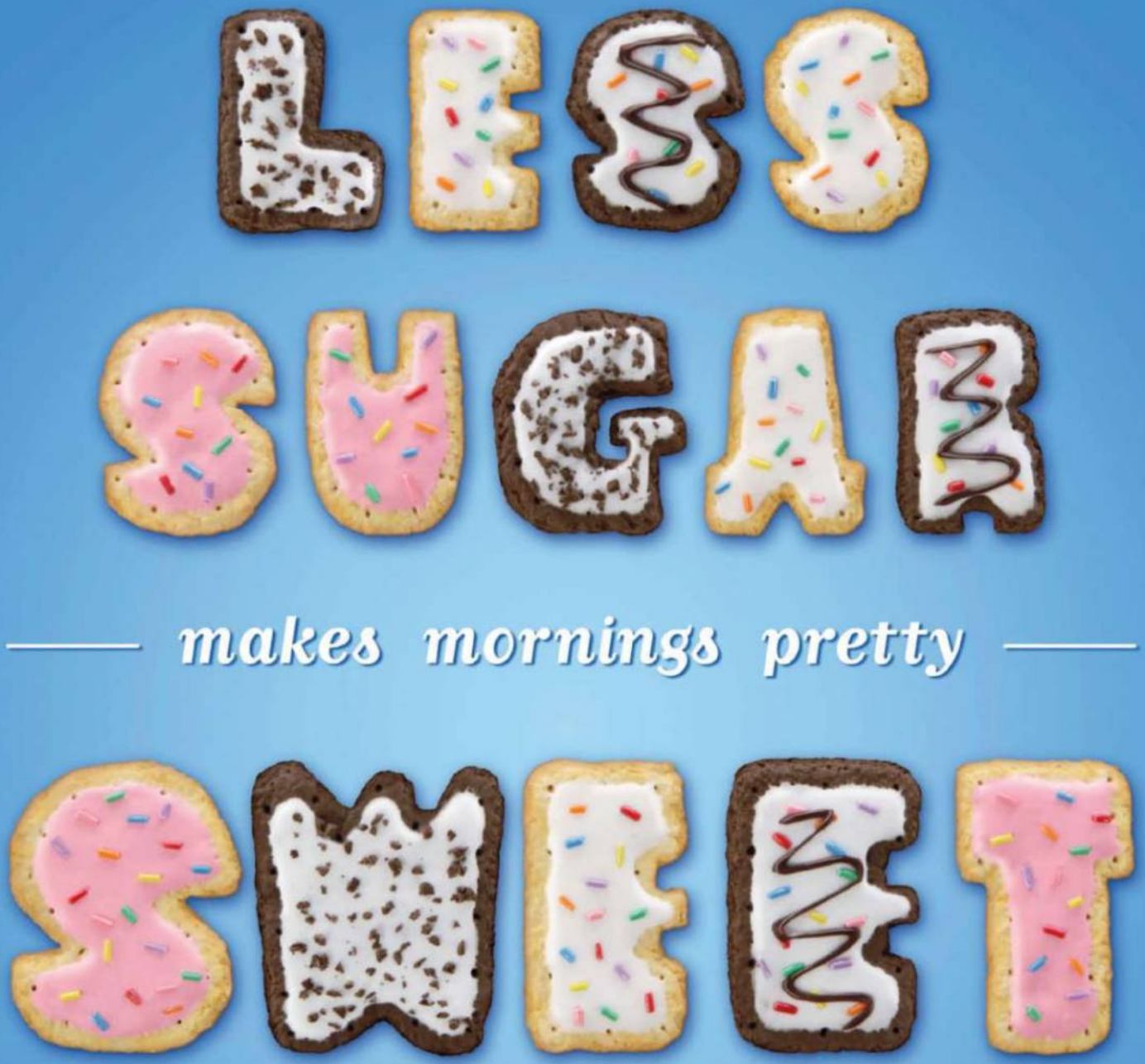

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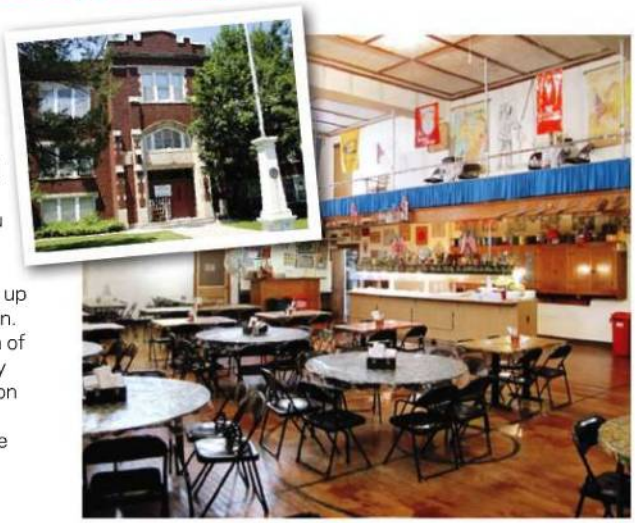
The Hickory Tree Restaurant

Smolan, KS



Free-throw lines still mark the floors in the dining room of this restaurant: It was a basketball court in its previous life, until Smolan High School closed in the late '80s. The buffet-only meals make you feel like you're right back in the lunch line, but the barbecued brisket is a step up from what you ate back then. Alumni have provided much of the yearbook-style decor by scribbling their signatures on the stairwells and donating class pictures to hang in the dining room.
304 East Walnut St.; thehickorytree.com

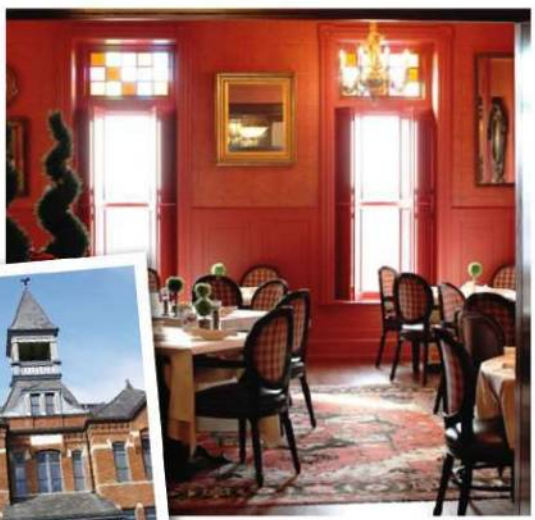
The Maltby Cafe

Snohomish, WA

The Maltby Cafe churns out amazing jumbo cinnamon rolls, but a few decades ago the smells in this spot weren't so sweet: The space was home to Maltby Elementary School's locker rooms from the 1930s through the '70s. Three friends converted it into this popular breakfast-and-lunch joint, leaving few traces of its elementary past, save for the class pictures that line the walls.
8809 Maltby Rd.; maltbycafe.com

Webster House

Kansas City, MO



This classic red-brick schoolhouse fell into disrepair after Webster School students relocated in 1932, but a local philanthropist has brought it back to life as a formal dining spot. There are few reminders of the building's school days, aside from Ms. Mary's 1912 class-attendance sheet, on display in a private dining area. The restaurant stays in touch with its academic roots by offering a cooking class for local kids and their parents.
1644 Wyandotte St.; websterhousekc.com

THE HICKORY TREE RESTAURANT: KEITH STOKES. THE MALTBY CAFE: SANDRA ALBRIGHT. WEBSTER HOUSE, INTERIOR: MATTHEW KEMP; EXTERIOR: WHEAT PHOTOGRAPHY.

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Our Top Five

Pat and Gina Neely tell us what to eat in their Tennessee hometown.

Pat and Gina Neely know the Memphis dining scene inside out: They both grew up there—they were high school sweethearts—and today, they own two restaurants in the city. When you run your own barbecue joints and tape a show called *Down Home with the Neelys*, you want something other than pulled pork when you go out to eat. The Neelys often have a hankering for Italian and Mexican food, or a nice juicy steak. Here are some of their favorite local picks.

1 Black Angus Filet of Beef
Erling Jensen, the Restaurant

Pat and Gina love this spot for special occasions; they even sealed the deal for their TV pilot here. They usually go all out and order the luxe filet, 12 ounces of beef covered with foie gras butter and red wine sauce. "Jensen is one of the finest chefs in Memphis," Pat says. *$39; 1044 South Yates Rd.; ejensen.com*

2 Tacos de Huachinango Veracruz
Las Tortugas Deli Mexicana

Gina is the real Mexican-food fan, but she says she "tutored" Pat to like it too. They love these super-fresh red snapper tacos; the ingredients are purchased each morning. *$11; 1215 South Germantown Rd., Germantown, TN; delimexicana.com*

3 Fried Chicken with Collard Greens
Alcenia's

When Pat wants a quintessential Southern meal, he heads to Alcenia's for fried chicken. "It's all soul," he says. The chef seasons the flour and the buttermilk batter to ensure loads of flavor in every bite. Another bonus: "Every customer gets a hug," Pat says. *$8; 317 North Main St.; alcenias.com*

4 Macaroni & Cheese Casserole
Interim

Everyone in the Neely clan loves this hearty appetizer, including daughters Spenser and Shelbi: "We take the girls and all share one," Gina says. It has a crisp parmesan-panko crust and comes loaded with chunks of juicy ham. *$9; 5040 Sanderlin Ave.; interimrestaurant.com*

5 Maw Maw's Ravioli
Andrew Michael Italian Kitchen

Pat likes Italian restaurants because they have a lot in common with barbecue spots. "They each use family recipes, passed down through the generations," he says. That's true of this upscale eatery, where the ravioli, topped with meaty tomato sauce, are made from the chefs' grandmothers' recipes. *$18; 712 West Brookhaven Circle; andrewmichaelitaliankitchen.com*

PORTRAIT: DAVID A. LAND. FROM TOP: MAGGIE GARCIA; CHRISTIAN MAGALLANES; MELISSA PETERSEN; CHAD WALKER.

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Barilla Invites You to Share the Table

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92%* of Americans agree: They feel more connected to what's going on in their family when they share meals together. Busy schedules can make that a challenge, of course. But you can make family dinnertime a reality with just a few easy changes.

Try any of these tips to help make mealtime with loved ones more meaningful and see the big difference it can make.

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- Start and end dinner with everyone present (instead of a lot of coming and going).
- Begin every dinner with a "check-in"—sharing the best and worst thing that happened to you that day. It can inspire deeper connections and conversation.
- Keep the meal focused on communicating and eating. Turn off TVs and cell phones.
- Get the whole family involved in everything from shopping to cleanup. And try a weekly child-friendly meal, where kids pick the menu and help prepare it.
- Try exploring new and different foods. Work with the entire family to make it fun and an experience everyone can be part of.

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*"92 percent of Americans" figure based on national sample results of 2,008 Americans aged 25-64, conducted by Strategy One for Barilla in November 2008 and January 2009.

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AMERICA'S BEST

COMFORT FOODS • DESTINATIONS • REGIONAL CLASSICS • SWEETS

Alton Brown delivers the results of our search for the country's best food and drink.

About a year ago, Food Network producers gave us a daunting mission: Find the best eats in America. Adding to the pressure, *Good Eats'* Alton Brown would unveil the winners in a special Food Network series. We investigated thousands of great restaurants, food trucks, bistros and bars, dividing the list into four categories: comfort foods, destinations, regional classics and sweets. After many heated debates, we narrowed each list to 10 before handing it off to Agent Brown, who approached the picks with his usual skepticism. "There are some real surprises in here," he said. Read this sneak peek of the finalists, then tune in September 20 to 23 at 9 p.m. ET, when Alton will reveal the winners.

Count down to the No. 1 spots with Alton Brown on *America's Best*, September 20 to 23 at 9 p.m. ET.

DAVE LAURIDSEN

Top 10 Comfort Foods

We ate our way across the country looking for the ultimate feel-good grub.

Best No-Nonsense Pizza

Lucali, Brooklyn

No pasta. No vino. All you can get here are pizzas and calzones. New Yorkers don't mind—in fact, they wait up to two hours for them. Owner Mark Iacono (who made his very first pie when he opened this place) lets his dough rise for two days then rolls it out with a wine bottle and tops it with his grandma's sauce.
575 Henry St.; 718-858-4086

Best Southern Fried Chicken

Watershed Restaurant, Decatur, GA

Edna Lewis, the face of Southern cooking before she died in 2006, helped create this restaurant's amazing fried chicken recipe: Fry master Laura Mares soaks the chicken in buttermilk for two days and fries it in lard, butter and fat from a country ham. Plan your visit: It's sold only on Tuesdays.
406 West Ponce De Leon Ave.; watershedrestaurant.com

Best Old-Fashioned Biscuits

Loveless Cafe, Nashville

Lon and Annie Loveless opened this spot in 1951 as a Grand Ole Opry hangout, and although ownership has changed, Annie's biscuit recipe hasn't. The buttery, fluffy rounds come as a side with every meal, but it's a crime not to get them as the main event, with eggs, country ham and redeye gravy.
8400 Hwy. 100; lovelesscafe.com

Best Mashed Potatoes

L'Atelier de Joël Robuchon, Las Vegas

We're guessing renowned chef Joël Robuchon's mashed potatoes are one big reason his chain of L'Atelier restaurants has exploded around the globe. The "pommes purée" are insanely decadent, as if the potatoes couldn't possibly hold any more butter.
At the MGM Grand, 3799 Las Vegas Blvd. South; mgmgrand.com

Best Hand-Cut Fries

Boise Fry Co., Boise, ID

The slogan is "Burgers on the side": This place is all about fries. You can name your cut, your potato type (like Okinawas from Hawaii) and your toppings (like chipotle aïoli or smoked sea salt). You can create just about any combo, but you can't get your fries naked—they're all cut with the skin on.
111 Broadway, Suite 111; boisefrycompany.com

Best Real-Deal Burrito

La Taqueria, San Francisco

There is much debate over whether La Taqueria invented Mission-style burritos, but there's little debate about how great they taste. Try the lengua (tongue) or the carnitas: The meat is smothered with refried pinto beans and pico de gallo. La Taqueria never adds rice, and you'll never miss it.
2889 Mission St.; 415-285-7117

Best Spaghetti with Red Sauce

Scarpetta, Miami Beach, FL, and New York City

Great chefs know not to mess with Mom's recipes. Chef Scott Conant serves his spaghetti the old-fashioned way—no meatballs, no fancy garnishes, just perfect freshly made pasta, hand-mashed tomato sauce like his mother used to make and olive oil infused with basil and hot pepper.
scarpettanyc.com

Best Mac and Cheese with a Twist

Zingerman's Roadhouse, Ann Arbor, MI

At this restaurant companion to the popular mail-order food catalog, you'll find at least five awesome takes on mac and cheese. Start with the classic (made with aged Vermont cheddar) and return to try all the others. The chefs cook each batch to order in a cast-iron skillet, so it arrives with a nice caramelized crust.
2501 Jackson Ave.; zingermansroadhouse.com

Best Chicken Soup

Famous 4th Street Delicatessen, Philadelphia

Russ Cowan comes from four generations of Jewish deli owners, so when he took over this famous spot five years ago, he didn't hesitate to add his family's chicken soup to the menu. Each bowl is loaded with chicken, carrots, matzo balls, kreplach (beef brisket in dough), noodles, rice and kasha. It's meant for two to three people, but fans claim to eat it by themselves.
Two locations; famous4thstreetdelicatessen.com

Best Haute Grilled Cheese

The Foundry on Melrose, Los Angeles

Every year, Los Angeles hosts The Grilled Cheese Invitational for 7,000 hungry fans, and Eric Greenspan's unusual entry—taleggio, slow-braised short ribs, oven-dried tomatoes and apricot-caper puree on raisin bread—took the prize two years ago. He put it on the menu here, and we think it's still a winner.
7465 Melrose Ave.; thefoundryonmelrose.com

LUCALI: EVAN SUNG/THE NEW YORK TIMES/REDUX. LOVELESS CAFE: CARIE THOMPSON. SCARPETTA: FONTAINEBLEAU MIAMI BEACH. LA TAQUERIA: JESUS JARA. ZINGERMAN'S ROADHOUSE: RYAN STINER. THE FOUNDRY ON MELROSE: STEPHANIE DIANI/THE NEW YORK TIMES/REDUX.

AMERICA'S BEST

Top 10 Destinations

These incredible food and drink spots are worth a trip.

Win a trip to culinary boot camp! See page 27.

Best Meal with a View

Sierra Mar, Big Sur, CA

Sierra Mar sits on the side of a sheer cliff, so diners are virtually suspended over the Pacific with just a glass wall between them and the ocean. The classic California cuisine is as outstanding as the view. For a real treat, go between December and May, when you can whale-watch while you dine.
At the Post Ranch Inn, 47900 Hwy. 1; postranchinn.com

Best Basic Training

Culinary Institute of America (CIA) Boot Camp, Hyde Park, NY; Napa Valley, CA; San Antonio

If you think you have what it takes to be a chef, go to culinary school and prove it. This intense five-day course is a lot of work for a vacation, but the chef-instructors at the prestigious CIA will have you baking, broiling and boiling like a pro.
ciachef.edu

Best Grub on the Go

Los Angeles Food Trucks

Food fanatics were chasing down taco trucks in Los Angeles long before the rest of us caught on to the food-truck trend, and now the city is home to the best mix of mobile eats, including The Grilled Cheese Truck, The Buttermilk Truck (it doles out pancakes and doughnuts) and Barbie's Q. See what's new at *findlafoodtrucks.com*.

Best of the Old West

Greasewood Flat, Scottsdale, AZ

You missed your chance at a real cowboy cookout by about 150 years, but this is the next best thing: dinner under the stars in the middle of the desert. Build your own fire in a campfire pit and chow down on chili at this former stagecoach stop.
27375 North Alma School Pkwy.; greasewoodflat.net

Best Showstopper

Switch Steak, Las Vegas

Switch is the dining equivalent of a carnival fun house. Every 20 minutes, the decor changes before your eyes: Windows disappear, paintings turn into curtains, chandeliers come and go. And the chophouse fare—including a great jumbo crab cake—is good enough to attract a crowd with or without the show.
At Encore Las Vegas, 3121 Las Vegas Blvd. South; 702-248-3463

Best Place to Chill Out

Icebar, Orlando, FL

You'll have to leave this bar after 45 minutes, but don't take it personally: The place is too cold for a longer stay. It's 27 degrees inside and everything is made of ice, including the furniture and the cocktail glasses. There's a cover charge, but $20 is a small price to pay to escape the heat in such a cool way.
8967 International Dr.; icebarorlando.com

Best DIY Dining

Slappy Cakes, Portland, OR

What a smart business plan: Customers here make their own meals. They pick a pancake batter (choices include buttermilk and ginger), then cook the flapjacks on griddles built into each table, dressing them up with fun mix-ins like bacon and hazelnuts and a choice of syrups and butters.
4246 Southeast Belmont St.; slappycakes.com

Best Little Secret

PDT, New York City

You'll feel like Superman accessing America's ultimate speakeasy bar: You have to slip into a phone booth, hidden inside a hot dog joint, and dial for entry. The name ("Please Don't Tell") isn't serious, but the drinks—whether classic or newfangled (like bacon-infused bourbon)—most definitely are.
113 Saint Marks Pl.; pdtnyc.com

Best Food Lovers' Market

West Side Market, Cleveland

This Cleveland institution has been a one-stop shop for food lovers for nearly 100 years. Locals, including Iron Chef Michael Symon, can find almost anything they need, and tourists can get acquainted with Midwestern faves like bratwurst sandwiches, Buckeye chocolates and pierogies.
1979 West 25th St.; westsidemarket.org

Best Escape

Blackberry Farm, Walland, TN

This breathtaking resort in the Smoky Mountain foothills serves some of the best food in the country, and most of it comes right from the farm. The staff includes a cheese maker, a butcher and even a jam maker. Staying here isn't cheap (prices start at just under $1,000 per night), but it is totally unforgettable.
1471 West Millers Cove Rd.; blackberryfarm.com

SIERRA MAR: KODIAK GREENWOOD. SWITCH STEAK: JEFF GREEN. WEST SIDE MARKET: JAMES QUINE/ALAMY. GREASEWOOD FLAT: SYLVIA ENDER. ICEBAR: ORLANDO CVB. PDT: JOSHUA LUTZ/REDUX. BLACKBERRY FARM: BEALL + THOMAS.

AMERICA'S BEST

Top 10 Regional Classics

Burgers, barbecue, big steaks…these restaurants have mastered American favorites.

Best New Shrimp 'n' Grits

Hominy Grill, Charleston, SC

Chef Robert Stehling grew up eating grits from the Old Mill of Guilford, a 250-year-old gristmill in North Carolina, and he uses the same ones for his phenomenal shrimp and grits. He breaks tradition, smothering the dish with mushrooms and bacon. It's such a must-have dish that it's on the breakfast, brunch, lunch and dinner menus.
207 Rutledge Ave.; hominygrill.com

Best Old-School Steak

Keens Steakhouse, New York City

This chophouse has been open since 1885 and has plenty of memorabilia to prove it, including a pipe from Teddy Roosevelt. The steaks are dry-aged on site and served with tasty sides to boot. The day after a meal you'll regret not being able to finish the massive pile of hash browns and those last bites of perfectly charred, pepper-crusted T-bone.
72 West 36th St.; keens.com

Best Hot Dog Menu

Hot Doug's, Chicago

Doug Sohn opened this bright "encased-meat emporium" nine years ago after friends griped that they couldn't find good dogs in Chicago. Now fans line up around the block for specials like rabbit sausage with brie, foie-gras-and-duck sausage, and crawfish sausage with aged monterey jack.
3324 North California Ave.; hotdougs.com

Best Riff on a Cheesesteak

The Bazaar by José Andrés, Los Angeles

This Philly cheesesteak isn't from Philly, and it's not even a sandwich:

It's a bite-size, light-as-air roll injected with liquid cheese and layered with wafer-thin slices of kobe beef. Chef José Andrés wows L.A. scenesters with this dish, among other playful ones at his spectacle of a restaurant.
465 South La Cienega Blvd.; thebazaar.com

Best NC–Style Pig

The Pit, Raleigh, NC

There are rules to barbecue, and in eastern North Carolina, you start with a whole hog and finish with a vinegar-based sauce. Pit master Ed Mitchell has been doing this for 30 years, and he has become a local legend, devoted to using humanely raised pigs. Some call his $7.60 sandwich pricey, but it comes with a side of conscience and darned good slaw.
328 West Davie St.; thepit-raleigh.com

Best Lobster Roll Duet

Neptune Oyster, Boston

No disrespect to Maine, but this little spot might be the lobster-roll holy land. The sandwiches here are stuffed with tons of claw, knuckle and tail meat and, better yet, they come both ways—with melted butter *or* with mayo—so no one has to argue about the proper style.
63 Salem St.; neptuneoyster.com

Best Gumbo, Any Style

Commander's Palace, New Orleans

This legendary restaurant (Emeril's proving ground) closed for a year after Hurricane Katrina, but the Brennan family brought it back to its former glory—and the gumbo is better than ever. Chef Tory McPhail dreams up new ones daily, like speckled-belly-goose-and-foie-gras gumbo, using almost all local ingredients.
1403 Washington Ave.; commanderspalace.com

Best Lone Star Brisket

Kreuz Market, Lockhart, TX

The Texas legislature proclaimed Lockhart the state's barbecue capital in 2003, and Rick Schmidt, co-owner of this 110-year-old joint, might as well be the town mayor. He sells his tender brisket and flaky ribs by the pound on butcher paper—no forks provided.
619 North Colorado St.; kreuzmarket.com

Best Late-Night Burger

Holeman & Finch Public House, Atlanta

Every night at 10 p.m., a server at this gastro pub grabs a megaphone and yells, "Burger time!" Chef Linton Hopkins makes only 24 of his deliciously simple double cheeseburgers each night, and they sell out in less than a minute. Get there early to put dibs on one.
2277 Peachtree Rd.; holeman-finch.com

Best New England "Chowdah"

Captain Parker's Pub, West Yarmouth, MA

Parker's has won so many New England chowder cook-offs that there's barely room for all the awards; owner Gerry Manning sells 80 gallons of his thick, creamy chowder every day during high season. You'll likely find the place open if you go: It has closed only one day since opening in 1981, for a blizzard.
668 Route 28; captainparkers.com

HOT DOUG'S: BLAIR HOLMES. THE PIT: SCOTT LEVOVER PHOTOGRAPHIE. COMMANDER'S PALACE: TIFFANY MCENTEE. HOLEMAN & FINCH: GREEN OLIVE MEDIA. NEPTUNE OYSTER: JEFF NACE. KREUZ MARKET: NANCY MCMILLEN. CAPTAIN PARKER'S PUB: DAN CUTRONA.

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AMERICA'S BEST

Top 10 Sweets

We gained more than a few pounds seeking out the country's most memorable desserts.

Best Beer-Spiked Cupcake

Miette, San Francisco and Oakland, CA

A former dot-commer started this mini-chain after a successful stint at the Berkeley Farmers' Market, and her gingerbread cupcake might be the reason for Miette's popularity. Made with a dark stout beer, it's super moist and topped with lightly sweetened cream-cheese frosting and a candied orange flower.
Three locations; miette.com

Best Little Box of Chocolates

Gail Ambrosius Chocolatier, Madison, WI

When Gail Ambrosius was laid off as a mapmaker, she went to France to train with renowned chocolatiers. Now she travels the world sourcing chocolate for her confections, like cinnamon-cayenne truffles. She also puts her cartography skills to use, decorating candies with gold-dusted maps of cacao regions.
2086 Atwood Ave.; gailambrosius.com

Best Drinkable Dessert

Parkesdale Farm Market, Plant City, FL

The late farmer Roy Parke, who drove a strawberry-colored Cadillac and owned a strawberry-shaped pool, created this thick, not-too-sweet shake, filled with chunks of perfect berries that always get stuck in the straw. Luckily, his family still churns out the strawberry shakes, which President Obama deemed the best in the world.
3702 West Baker St.; parkesdale.com

Best Upside-Down Frozen Treat

Ted Drewes, St. Louis

This no-frills roadside spot is a mecca for ice cream lovers: During the summer, lines never stop forming for Ted's simple frozen custard, sold in a single flavor (vanilla) with assorted mix-ins. The famous "concrete" is a shake so thick, servers often hand it to you upside down, with the spoon suspended in the cup.
Two locations; teddrewes.com

Best Pie on a Stick

Kermit's Key West Lime Shoppe, Key West and DeLand, FL

Key West baker and local character Kermit Carpenter is a fixture at the corner of Greene and Elizabeth streets, where he jokingly threatens to throw his pies at tourists. His crazy-delicious Key lime pie is as outrageous as he is: Each piece is frozen, crust and all, on a stick, then dipped in melted chocolate.
keylimeshop.com

Best Flaming Treat

Brennan's, New Orleans

Servers set more than 35,000 pounds of bananas on fire each year to make bananas Foster. The famed dessert—caramelized bananas, rum and brown sugar, flambéed tableside and topped with ice cream—was invented here in 1951, when New Orleans was an entry point for imported bananas, and it's still a best seller today.
417 Royal St.; brennansneworleans.com

Best Exotic Ice Cream

Jeni's Splendid Ice Cream, Columbus, OH

Jeni Britton Bauer combines exotic ingredients with cream from grass-fed Ohio cows to make some seriously tasty and inventive ice cream flavors. Her top seller is Salty Caramel, but she's always mixing up new versions like molasses-praline or goat cheese with cognac figs.
Five locations; jenisicecreams.com

Best Spin on Soufflé

Falai, New York City

What happens when the pastry chef at one of New York's highfalutin restaurants, Le Cirque, leaves to open a tiny restaurant way downtown? Dessert lovers follow him. The best of many great sweets here is chef Iacopo Falai's raspberry-truffle soufflé: He puts a scoop of ice cream in the middle of the hot soufflé.
68 Clinton St.; falainyc.com

Best-Dressed Doughnuts

The Donut Man, Glendora, CA

Elvis used to send a friend to pick up fruit-filled doughnuts from Jim Nakano's famous shop. Nakano, now 70, still works here seven days a week, serving hand-split yeast doughnuts stuffed with seasonal fillings, including strawberry from February through July and pumpkin cream cheese around Thanksgiving.
915 East Route 66; 626-335-9111

Best Big Whoopie

Two Fat Cats Bakery, Portland, ME

Whoopie pies get the respect they deserve at this bakery, where they're made with great local ingredients (in place of shortening: marshmallow buttercream) and fun flavor combos (pumpkin with maple filling in the fall). You can get a supersize one, too, if you can handle a whopping eight inches of whoopie.
47 India St.; www.twofatcatsbakery.com

MIETTE: FRANKIE FRANKENY. KERMIT'S KEY WEST LIME SHOPPE: MARK PETERSON. GAIL AMBROSIUS: STEVE SALT. TED DREWES: MELISSA HEGERSTROEM. BRENNAN'S: CHERYL GERBER. TWO FAT CATS: JENNA FRIEDMAN.

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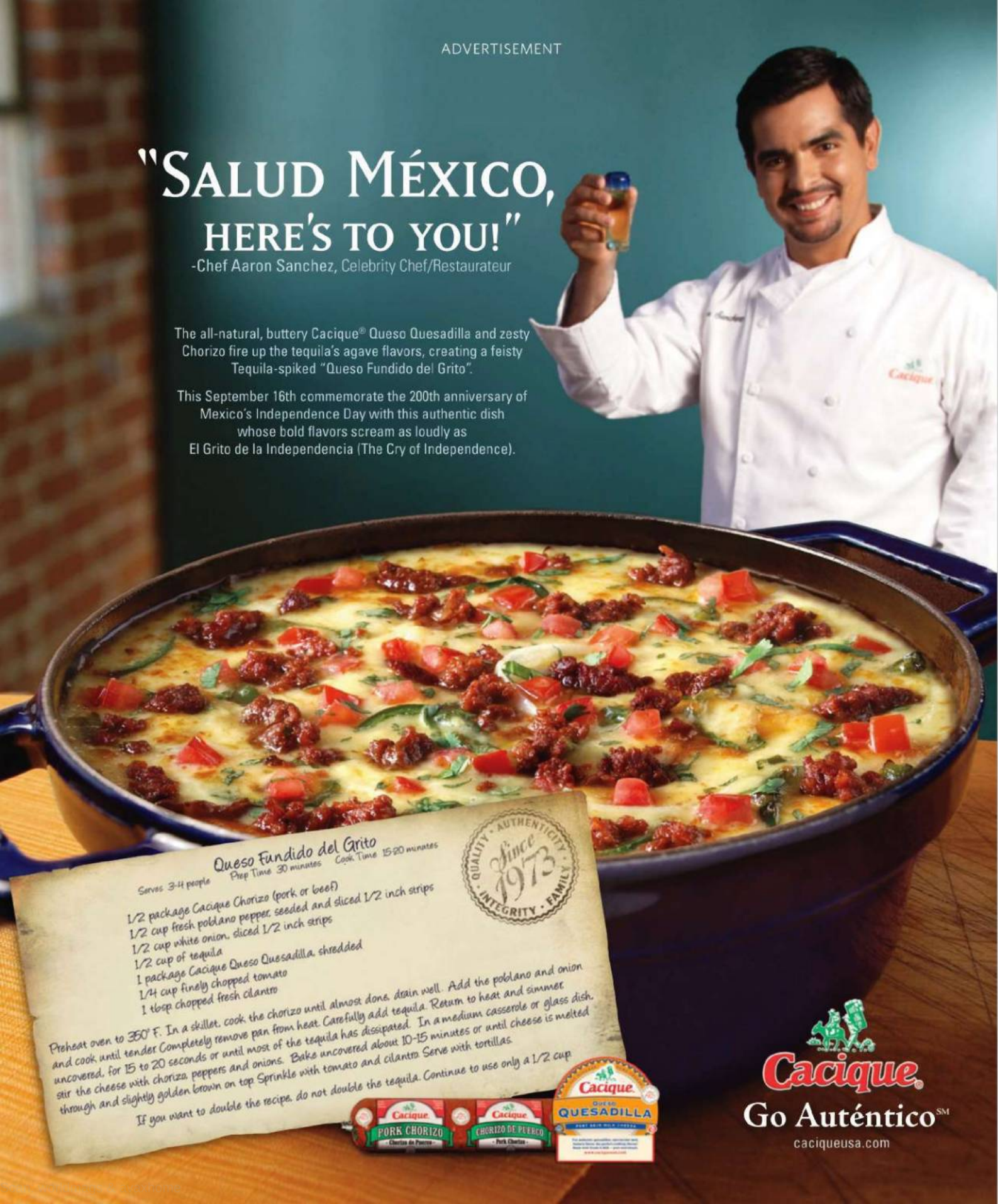

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Coming Soon...

Guess what's in the next issue of *Food Network Magazine*! **Here are a few hints....**

The Iron Chefs each gave us the recipe for a favorite Kitchen Stadium dish. **Who made pasta in a flaming parmesan wheel?**

We asked Food Network stars to put their knife skills to use carving pumpkins. **Who designed this super-sweet jack-o'-lantern?**

We found this bright orange phone in a Food Network star's home kitchen. **Who owns this phone and why does he have it?**

Look for answers in the October issue, on newsstands September 14.

What's New at Food Network

Cooking Channel's National Ice Cream Truck Tour

Keep an eye out for an extra-special ice cream truck on your block: Cooking Channel's ice cream truck is touring the country until October 10 and dishing out free artisanal treats. Go to cookingchanneltv.com to find stops in your area and to get the scoop on Food Network's new sister channel.

Share Our Strength's Great American Dine Out

As kids head back to school, Aaron McCargo, Jr., host of *Big Daddy's House*, hopes we'll all make sure they have plenty to eat by taking part in Share Our Strength's Great American Dine Out. Eat at one of 3,500 participating restaurants September 19 to 25, and help end childhood hunger in America. Learn more at *greatamericandineout.org*.

PHONE: DAVID A. LAND. PUMPKIN: MARKO METZINGER/STUDIO D.

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The Winner Is...

A Pennsylvania reader's **dressed-up doughnuts** came out on top in our banana-themed contest.

Jacqueline McComas of Paoli, PA, won us over with her bite-size banana beignets.

We never knew there were so many ways to fry a banana until we read the entries from our May 2010 contest. We received recipes for fried banana chips, deep-fried bananas on a stick, even fried banana cheesecake, but the best of all were these little beignets, submitted by Jacqueline McComas of Paoli, PA. Jacqueline took her mother's beignet recipe and hit it with a double dose of the secret ingredient: fresh banana and banana extract. And instead of the usual confectioners' sugar, she rolled the still-warm beignets in cinnamon sugar to get a sweet, crunchy crust. "You don't get that crispness with a regular doughnut," she says.

MINI BANANA BEIGNETS

ACTIVE: 25 min | TOTAL: 25 min
MAKES: about 30 beignets

- 2 tablespoons vegetable oil, plus more for frying
- 1½ cups cake flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1¼ teaspoons ground cinnamon
- ⅓ cup plus ½ cup granulated sugar
- 1 large egg
- ½ cup whole milk
- ½ cup mashed banana (about 1 overripe banana)
- ¼ teaspoon banana extract (optional)

1. Heat about 2 inches vegetable oil in a large skillet over medium-high heat until a deep-fry thermometer registers 375°.
2. Meanwhile, whisk the flour, baking powder, salt, ¼ teaspoon cinnamon and ⅓ cup granulated sugar in a large bowl.
3. Whisk the egg, milk, mashed banana and 2 tablespoons vegetable oil in another bowl. Add the banana extract, if desired. Combine the remaining ½ cup granulated sugar and 1 teaspoon cinnamon in a shallow bowl and set aside.
4. Whisk the banana mixture into the dry ingredients until just moistened. Working in batches, drop rounded teaspoonfuls of dough into the hot oil and fry until golden brown, about 15 seconds per side. Remove with a slotted spoon and drain on paper towels, then roll in the cinnamon sugar while still warm.

BEIGNETS: ANDREW MCCAUL; FOOD STYLING: ANNE DISRUDE; PROP STYLING: AMY WILSON. BANANAS: CHARLES MASTERS. PORTRAIT: SAM WIENER.

Enter to win! Turn the page for our next secret-ingredient recipe contest.

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secret-ingredient recipe contest

Cook with... Chocolate Chips!

Enter this month's home-cook recipe battle and you could **win $500** toward foodnetworkstore.com.

1. Think like an Iron Chef and dream up a dish using this month's **secret ingredient.**
2. Enter your **original recipe** at foodnetwork.com/recipecontest by September 3, 2010.
3. See if the judges pick your dish—the winner will appear in an **upcoming issue.**

Think beyond cookies: You can use chocolate chips for sauces, drinks and more.

NO PURCHASE NECESSARY. The Secret-Ingredient Recipe Contest is sponsored by Hearst Communications, Inc. To enter, go to foodnetwork.com/recipecontest and complete and submit entry form, including your recipe. Contest begins 12 a.m. ET August 10, 2010 and ends 11:59 p.m. ET September 3, 2010. Must be 18 years or older and a resident of the 50 United States, District of Columbia or Canada. Void in Puerto Rico, Quebec province and where prohibited by law. Contest is subject to complete official rules available at foodnetwork.com/recipecontest.

PHOTO: CHARLES MASTERS; FOOD STYLING: JAMIE KIMM

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